

The Quest

April 2017 Services: Resistance

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**Resistance
is Fertile**

April 2nd Spirit of the Wyrd Sisters

Spirituality of ... services use contemporary musicians to explore themes of justice, ethics, and using the power of music as a tool for resisting and naming oppressions and injustice as well as solidarity and hope. The Wyrd Sisters came together in Winnipeg in 1990. During the band's early years, the music was often overtly political. They saw their audience was changing, people were evolving, - the 'issues' were no longer external but internal. Documenting and decrying injustice was no longer enough. "our audience has grown deeply spiritual. Not in a religious manner, but in a manner designed to hopefully evolve the human race into something more civilized and more blessedly beautiful."

Presenter: Rev Debra Faulk

Music: TriUU and pianist Leslie Buckle and bassist Beth Curry

CYRE Guest: Jordan Mang-Wooley will share what life is like on a local organic farm.

April 9th We are Not Immune

Resistance seems to be a word on the tip of everyone's tongue these days. It's topical both within the Unitarian Universalist world and also without, where minority groups are declaring a need of resistance from oppressors, and affinity groups needing resistance against perceived dissimilarity. Is this really a new phenomenon? Or have we needed resistance for decades, even centuries?

Presenter: Danielle Webber

Service Leader: Rev Debra Faulk

Music: Jane Perry, Music Director with UUphonia

April 16th Resurrection, Resist Yet Love Lives On

Exploring the multi-faceted idea of Easter and resurrection with a Unitarian lens includes history, myth, seasonal cycles and alleluias. There will be an extended time for all.

Presenter: Rev Debra Faulk

Service Leader: Lynn Nugent

Music: Jane Perry, Music Director and musical guests

April 23rd Resisting Despair: Living with an Invisible Disease

Living with a disease is tough. Living with one but not knowing you have it presents particular challenges. What happens when your body doesn't behave as it should? Join Jennifer Jessop as she shares her experiences in living with an "invisible disease" and what they have taught her in both resisting despair and discovering an important part of her own spiritual path as a Unitarian.

Presenter: Jennifer Jessop

Service Leader: Mary Anna Louise Kovar

Music: Jane Perry, Music Director with UUphonia

April 30th Resistance Is Futile – Or Is It?

Sometimes resistance involves struggle and requires us to disobey; other times it asks us to just be ourselves and not hide who we really are. Sometimes it involves defeating the enemy; other times it is a matter of noticing that treating them as the enemy defeats us all. Resistance can be a creative force of transformation and unity.

Presenter: Rev Debra Faulk

Service Leader: Pam Rickey

Music: One Voice Chorus and Jane Perry, Music Director

Debra's Deliberations



There are times when an idea, an aspiration, catches hold and blossoms. A dear friend of mine in Toronto, an Interfaith minister, told me about the work they did there in support of UN Interfaith Harmony Week. In September, I brought the idea to the newly formed Interfaith Council here in Calgary and passion was ignited. A small steering committee guided the idea to actualization: the City of Calgary proclaiming the first week of February 2017 the first ever UN Interfaith Harmony week. From my remarks at the Opening Ceremony at City Hall:

"When we became aware of the UN World Interfaith Harmony Week, the opportunity to join with others around the world in proclaiming this core value of faith, that of harmony, caught hold. Whether one identifies with a particular religious tradition or not, all human beings have faith. Faith is about trust, conviction and hope; these touch each of us. It is faith, whether in a higher power or in fellow beings, that motivates us to ethical action, to work of the common good, to attempt to live in harmony with others and the planet."

The World Interfaith Harmony Week provides a platform—one week in a year—when all interfaith groups and other groups of goodwill can show the world what a powerful movement we are. If ever the world needed to be reminded of the power of harmony within our diversity – it is now. In response to the escalation of hate speech, we preach harmony, in response to violence, we unify in love, standing with each other in solidarity and curiosity."

The events were coordinated during the first week of February (and slightly beyond) included performances, visits to houses of worship, Habitat for Humanity build days, lectures and shared meals. The report of what we did was sent to the global organization. Calgary Interfaith Council (CIC) was awarded 1st prize. This includes a cash award which will provide needed seed money as well as the invitation for a delegation to go to Amman, Jordan to receive the award. I am so incredibly honoured to have been chosen as a member of that delegation.

In reflecting on this month's theme of resistance and the recognition of the work done by CIC, I see the stand in solidarity with others as perhaps the greatest act of resistance. Let us engage in resistance of all that would separate us.

Namaste, Debra

***4-Others for April: Elizabeth Fry Society, Calgary**

For 50 years, the group has offered a hand up to thousands of women engaged with the legal and justice systems with the goal to give them the skills they need to create more hopeful futures. The 4-Others recipient for April 2017 was selected by the Social Justice Committee.

*4 Others is a social justice outreach program that financially supports non-profit initiatives that align with our values. Each month, half the unidentified and all the identified money collected at church services will be donated to that month's designated non-profit/organization. The selected organization must have charitable status.

Debra's Hours

Office Hours:

Wednesday 10am – 6p.m.

Thursday: 9a.m. – 5p.m.

(Drop-in tea with the minister 2:00-3:00)

Other times, please book an appointment.

(403) 702-6486

Shavings from the Board

I think many of us will agree that our church should be known better in Calgary. As our Stewardship Campaign brochure stated, "As the only Unitarian church in Calgary, our position is unique in the faith community. Our church can be a spiritual beacon in challenging times."

You will be interested to hear that the Board has been reading a book by the minister of Hillhurst United Church, which has grown significantly in the past dozen years. We have already incorporated some of the changes he suggested; some other changes will need consultation with the congregation and funding, and will therefore take a bit longer to implement.

Secondly, a small committee has been considering the changes made last year by the Saskatoon Unitarians (as they are now calling themselves) to improve publicity and public awareness of their congregation. We have submitted a proposal to the Canadian Unitarian Council's (CUC's) Sharing Our Faith program for funds for a market development consultant and implementation of the changes the consultant suggests. The congregation will be consulted, of course, before any significant changes are made.

Thirdly, another team is participating in the CUC's Welcoming Young Adults project, as we believe bringing more young adults into our congregation will give them a place of respite and sanity, and add vitality to our community. These three initiatives will surely help in growing our congregation and making it better known in Calgary. Please contact me if you would like to be part of any of these projects.

~John "Mich" Michell, President of the Board of Trustees



This month we
recognize and thank:

April2016 Kudos!

Tom Mirhady and Mary Jane Hussey for
assisting with table set up and food service at
Introduction to Unitarian Universalism

Brian Tate choral workshop - thanks to UUphonia
and Vocal Latitudes for bringing this fantastic
clinician to our church, with special kudos to
registrars Jamie Davison and Judy Osborne, and to
Linda Brown, John Michell, and Hedda Zahner for
extra help from UUphonia's team on the day.

Jane Ebbern – time and talent auction mastermind
and gratitude to Marie Paturel and Liz Webster for
their auction help.

Our Stewardship team – Greg O'Neill, Duff Bond,
Anita Blackstaffe, and Brandis
Purcell.

Rhapsody in Blue event –

appreciation to Chefs Joan Brown and Bev Webber,
décor team Sandra Vida, Linda Brown and Hedda
Zahner, and the Music Committee and its chair
Jamie Davison. Special mention to ticket seller
Yoseth Diaz Ramirez. Great team effort, all!

Marie Collins for communications coordination and
the "soup troop" for assisting an ill member and
their family.

Thank you to all of the households who participated
in the Secret Buddies project- all of the adult Secret
Buddies and all of the child Secret Buddies and the
parents who helped them communicate. Thank you
also to Paula MacMaster who was our postal worker
who delivered the Secret Buddy mail.

This is just a sampling of the many people who
contribute in numerous ways to our community. When
you catch someone in the act of kindness and service
please share the info by
emailing Kudos@unitarianscalgary.org.

♪ UpBeat News with Jane Perry ♪

This month, it's all Cabaret, all the time!



Cabaret 2017! Friday, April 28 at 7:00pm and Saturday, April 29 at 7:00pm in Panabaker Hall. UUphonia presents its annual musical revue, this year with the hotly-anticipated theme "Goofy Greats and Comedy Classics!" Be ready to belly-laugh and sing along as our Thursday-night church choir presents the songs that make us all grin, giggle and guffaw. Cash bar and refreshment stand. Child care available. Come to the Cabaret! To inquire about ticket prices and reserve a spot on the guest list, please visit our Sunday coffee-hour ticket table or send an e-mail to tickets4uccmusic@gmail.com.

"Always look on the bright side of life...." If you know this song, then chances are you know the 1979 Monty Python film "Life of Brian". This comedy chronicles the life of Brian Cohen, who is, as Wikipedia tells it, "a young Jewish man who is born on the same day as, and next door to, Jesus Christ, and is subsequently mistaken for the Messiah." UUphonia will host a screening of this movie on Friday, April 14 at 7:00pm in Wickenden Hall. This is a free, fun event for the church community. Bring movie snacks to share for our potluck snack bar!



Resident choirs in concert! Three of our resident choirs will have concerts in the month of May. Here's your sneak peek at next month's musical offerings!

Calgary Renaissance Singers & Players present "Renaissance Meets Klezmer!" on Sunday, May 7 at 7:30pm at Temple B'nai Tikvah (900 47 Avenue SW), with guest musicians Frank Rackow (clarinet), Andrea Neumann (violin), and the Players. www.renaissance-singers.com

Vocal Latitudes presents its annual Spring Concert on Saturday, May 13 at 7:30pm at the Unitarian Church of Calgary. www.vocalatitudes.org

One Voice Chorus presents "Prairie Queer Companion" on Saturday, May 27 at 7:30pm at St. Stephen's Anglican Church (1121 14 Avenue SW) with guest musician Rae Spoon. www.onevoicechorus.ca



Religious Exploration Program

Stone Soup Success! On Feb. 26, the children hosted a wonderful Stone Soup lunch. Thanks to all in the congregation who contributed to the wonderful soup and bread.



Peter Rabbit adventures with the 3-5 Year Olds. Heather Walker ran two special Peter Rabbit sessions where a wonderful Play-Doh garden was made, and the stories were re-created on Feb. 12 and March 12.



The children have begun a new multi-age curriculum called **"Circle of Trees"**. There will be 8 workshops that nurture deep connection with trees, nature, and all of earth's living creatures. The program uses trees as an entry point to understand and connect with



life on earth. Talk with Shannon DRE If you are passionate about the environment and would like to help bring this lovely program to life between now and June.

Attention youth and your families, and young adults! Coming in May over the Victoria Day Weekend the national gatherings of Unitarian Universalist youth and young adults will happen in Edmonton. **CanUUdle** is the annual youth con for Canadian UU youth who are 14-20 and their adult advisors. It's a beautiful weekend where youth and adults create an amazing community, worship together, grow as spiritual beings and join in multigen activities. And the **Young Adult Gathering** is also over the May 19-22 weekend for those between age 18-35. UU young adults gather to build beloved community, deepen our connections, and grow as spiritual beings.

CanUUdle Gathering- see <http://cuc.ca/youth/youth-events/canuudle/>

Young Adult Gathering- see <http://cuc.ca/young-adults/young-adult-events/young-adult-con-2017/>

Our littlest members NEED YOU to help in the Nursery on Sunday mornings. Wouldn't you love to hang out with little children from infants to age 5 one Sunday a month, or one Sunday between now and the end of June? Talk with Shannon about claiming some Sundays with the little ones!

GIVING FOR GOOD

The Calgary Unitarian Church Generosity Campaign for 2017-18 is now gearing up. The campaign will soon be gathering pledges for church's fiscal year August 1st, 2017 to July 31st, 2018. Your stewardship team will be distributing pledge information packages on April 12th. We are planning again for a "Commitment Sunday" similar to last year's. Commitment Sunday will be on April 26th when we celebrate the generosity of our congregation with a ceremony accepting pledges.

We have adopted the theme of "Giving for Good" this year. Giving for Good is a simple phrase that can have many meanings. The primary meaning that it has for me is contributing to the good work that our church does; the good work that we do for each other within the congregation and the good work that the we Unitarians do in the broader community. Our church is an island of sanity in a world that is becoming more chaotic and off kilter with each passing day. Our principles stand as a beacon of goodwill as events that show a meanness of spirit proliferate around us. There are those who stand in opposition to the lack of compassion evident in the treatment of minorities, refugees, women and those who are less able to fend for themselves. We stand among those who believe in the inherent dignity of every person, justice equity and compassion in human relations and acceptance of one another and encouragement to spiritual growth. Now is the time for our church to be more present in our community and for us to take a leadership role in spreading the message of love, peace and justice. Your contribution will help broaden our reach and spread the sanity around.

"Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say but with intention. So go, love intentionally, extravagantly and unconditionally. The broken world waits in darkness for the light that is you" L.R. Knost



Giving for good also implies supporting permanence. In the last few years our pledges and donations have not been adequate to maintain the working of our church without either using our reserves or depending on some exceptional one-time additional pledges. For our church to be a permanent guiding light for our congregation and our community, we need to give our financial support. We have to grow. Our Board of Trustees has provided the Stewardship Committee with a list of ways that our church may grow and prosper. You may have heard that we will be requesting a grant to assist with developing a communication strategy. We want to emulate the success achieved by the Saskatoon Unitarians. That would be only the first step. The Board wants to be able to follow up on the implementation of the strategy, once developed with paid staff for communications and member engagement. Other possibilities that could encourage the growth of our congregation include paid church school teachers, and funds to improve the condition of our building so that we make a better first impression on those who come to check us out.

These meanings of Giving for Good (G4G) are interdependent. We can build on our leadership role in spreading our message only if we have a strong foundation. Now is the time for all of us to stand for what we believe and show our support for the work of our church. I look forward to transforming your generosity into action for love, peace and justice.

UU Pub Night Every First Wednesday April 5th, 7pm-9:30pm

If you haven't yet come to Pub Night - it's time. Come join us Wednesday, April 1st by the fire in the lower level of Getto Boys where it's cozy and quiet. Enjoy a good selection of drinks and food, including many gluten free and vegetarian options, and every bit of scintillating conversation you can bring. We can have a table for just socializing and another table for those who want more of a theological conversation - something for everyone.

Parking is available on the east side of the building. Hope to see you there!
7pm April 1st / April 1st, Lower Level Getto Boys 720 16th Ave NW.

Moving with Spirit: Dances of Universal Peace and Sacred Circle Dances

with Ronnie Joy Leah, Sunday afternoons, 2-4:30 pm, Wickenden Hall April 23

Everyone welcome, regardless of ability or experience. No need to register, just drop in, to cost is a free will offering. All are invited to join the circle and dance, to celebrate the spirit within all of us, to experience the joy of connecting with music, song and movement. The dances will deepen our understanding of themes explored in Sunday Services and Reflections. They create sacred space for peace, healing and community celebration – with our bodies, voices and spirits. Ronnie Joy is an educator, activist, workshop facilitator and a teacher of Sacred Circle Dance.

Funds to The Church - Purchase Co-Op Gift Cards

The church receives 4% of gift card orders totaling less than \$5000
6% of gift card orders totaling \$5000 - \$9999
9% of gift card orders totaling \$10,000 or more

There are 2 types of Co-op gift cards. One Co-op gift card is for grocery and gas purchases at the Co-op grocery stores and gas bars. The Co-op liquor gift card is solely for purchases in Co-op Wine and Beer stores. These gift cards can be used either as gifts or for your own purchases. If using a gift card for gas purchases, payment must be made inside the store. Please specify at the time of ordering which type of gift card(s) you are requesting. Any questions; please ask at the order table.

Gift card orders - Sunday, April 2, 2017

Gift card pickup - Sunday, April 9, 2017

If you have not purchased a gift card before, here is how to do it:

1. On the first Sunday of the month, bring cash or a cheque to church, payable to the Unitarian Church of Calgary. Place your order at the table set up in Wickenden Hall before or after the service. If you are not going to be at church on the first Sunday of the month and we don't already have post-dated cheques from you, please leave your cheque in Co-op Card/Fruit Cake Cheques mail slot in the church office.
2. The gift cards will be distributed on the second Sunday of the month. If you are unable to pick up your card on that day, you can collect it on the next Sunday.
3. Use the gift cards like cash when you make purchases (groceries, gas or liquor) at Calgary Co-op. You receive immediate cash discounts with gas purchases that can be used in Co-op stores. If you become a member of the Calgary Co-op you also receive dividends at the end of each year!

That's how easy it is!

Any questions? Contact: Ev Dewar ev.dewar@kogawa.com, Sheila Ward sggward@shaw.ca, Frances Schaink blue.sky@infovisi.com, Alex Russell itfromblighty@gmail.com



What Does It Mean To Be a People of Resistance?

...it starts when you care to act,
it starts when you do it again
after they said no,
it starts when you say We
and know who you mean, and each
day you mean one more.

—Marge Piercy, *from The Low Road*

Yes, this month's theme is among the most complex of them all. But it also may be the most simple.

The complexity is clear:

Sometimes being a people of resistance involves struggle and requires us to disobey; other times it asks us to just be ourselves and not hide who we really are. Sometimes it involves defeating the enemy; other times it is a matter of noticing that treating them as the enemy defeats us all.

Sometimes being a person of resistance is about fighting all the way to the top; other times it's about picking yourself up off the floor and taking one tiny step. Sometimes it depends on the will to never let them win; other times it hinges on the wisdom to follow the path of least resistance.

It certainly takes the form of speaking our truth. But more often than not, it's about the harder task of speaking the truth in love.

We all know being a people of resistance involves refusing to comply and demanding change, which requires great courage. But sometimes the most courageous thing is to stop resisting and accepting that things just aren't going to work out the way we hoped.

Bottom line: being a people of resistance is tricky business and takes multiple forms.

But beyond this complexity lies the simplicity of Marge Piercy's words. In all cases, she reminds us, being a people of resistance starts when we say we. Simply put, none of us resist alone.

Or maybe it's better to say that none of us **have** to resist alone. We all know what it is like to **want** to resist. Think of all those voices we hear in our heads and feel in our hearts: I'm not going to take it anymore. I will not go along. I will not submit. I refuse to conform. I will no longer be numb. I will not give up. I will not forget. I will not go to sleep. I will ignore it no longer. I will not turn a blind eye. And yet, we also know that those voices are hard to hear and hold on to by ourselves. The blessing, of course, is that we don't have to hold on alone.

It is one thing to be told, "Resist!" It is quite another to be told, "Resist together!" But often what we need most is simply to be reminded that we don't have to resist alone.

May this be the gift we give each other this month. Let's help each other remember to start by saying we! It may be as simple as that.

Materials compiled from the primary source Soul Matters Sharing Circle with contributions from CUC Truth Healing and Reconciliation materials and individual contributions. <http://www.soulmatterssharingcircle.com/>



Our Spiritual Exercises

Option A:

Give Thanks!

Who made resistance possible for you? Who stood beside you as you stood against the status quo? Who helped remind you that the arc really can be bent? Who invited you into a vision of an entirely new day? Who made you feel like a one of a kind rather than a misfit? Who helped you resist the pressures to follow the herd?

Someone stood beside you. Someone picked you up for the protests. Someone taught the class that opened your eyes. Someone wrote the poem that inspired you. Someone's sacrifice moved your heart. Someone's courage rubbed off on you. Someone told you that you were precious. Someone made you feel like you aren't in the fight alone.

Thank them! That's it. Your assignment: Find a way to thank them and tell them how they made your resistance possible. Let them know what a gift it was.

Option B

Invisible Knapsack

Unpacking the Invisible Knapsack – Over the month spend some time reading and reflecting on the contents of the article, Unpacking the Invisible Knapsack by clicking [here](#). As you read through the article, become curious about the areas where you find yourself resisting the information presented. Spend some time over the month journaling about how the stories you were told about Indigenous people feed your resistance to how privilege, or lack of privilege, affects the lives of the people around you.

Option C

Life On the Line ...

Last November, Wab Kenew addressed the Manitoba Legislature about why the elders were sending their children and grandchildren to Standing Rock. In his address, he encouraged “all Manitobans to reflect on your grandparents. Think of the values they held close to their hearts,” he said. “Now think of how strong they would have to believe in those values in order to let their grandchildren go into harm's way to defend them.” Listen to the entire address [here](#).

Over the month, spend some time reflecting on which values you hold strongly enough in your heart that you'd be willing to send your grandchildren into harm's way to defend them. What would you say to them as they left?



Option D

THRC Commitments

At least once a week, take some time to read through the CUC's letter to the Truth, Healing and Reconciliation Commission in 2014. You can find it [here](#). As you read through, let yourself be drawn to the principle that rises above the others for you. When you have chosen the one principle, spend time reflecting on how that principle encourages you to resist the common story told about Indigenous people in Canada.

Option E:

Get Going ... But Not On Your Own

Pick a partner! Honoring the spiritual practice of accountability, tell a trusted friend about your resolution and then ask them to help hold you to it. Choose whatever accountability strategy that works best for both of you. Maybe ask them to text you once a day to remind or encourage you. Instead of running alone, ask them to run with you for the month. Maybe your resolution is to get back to writing. If so, ask them to be your editor.

And don't just ask them to hold you accountable. Ask them to help you reflect on the experience itself. Sit down for at least one conversation before your small group meeting to talk with your "resolution partner" about how it felt to be held accountable and to hold one accountable. What did it teach you - and them - about the power of resisting *together*?

Option F:

Give It A Rest

In his book *Sabbath as Resistance: Saying No to the Culture of Now*, Walter Brueggemann invites us to resist our culture of busyness and anxiety. To him, striving is one of our greatest spiritual diseases. Resisting it needs to become one of everyone's core spiritual practices. Here are his Sabbath "instructions":

- You do not have to do more.
- You do not have to sell more.
- You do not have to control more.
- You do not have to know more.
- You do not have to be younger or more beautiful.

Pick one of these as your challenge or guide. Make it your mantra for the month. Find as many ways as you can to honor its goal of giving you rest and release. Report to your group what this counter-cultural act of resistance was like for you.

(List taken from this review of Brueggemann's book: <http://tinyurl.com/hjonned>)



Your Question

As always, don't treat these questions like "homework" or a list that needs to be covered in its entirety. Instead, simply pick the one question that "hooks" you most and let it lead you where you need to go. The goal of these questions is not to help you analyze what resistance means, but to figure out what being a person of resistance means for you today. So, which question is calling to you?

1. What would happen if you saw praise, joy or the creation of beauty as your primary form of resistance? What if the world needs your praise as much as your picket signs? What if it needs the creation of beauty as much as the elimination of injustice?
2. Martin Luther King, Jr. wrote, "Our lives begin to end the day we become silent about things that matter." How is life asking you to end your silence?
3. Is it really an insurmountable and futile challenge? Or just a matter of taking the next small step in front of you?
4. The psychiatrist Carl Jung wrote, "What you resist, persists." So, is it possible that your resistance is the source of the struggle you are in? Would the fight end if you stopped fighting? Would the wall fall down if you *stopped* pushing on it?
5. Is there resistance to naming and addressing the privilege you have?
6. Has the habit become bad? Is it time to be honest about how your habit controls you more than you control it?
7. If you were put on trial for being countercultural, would you be convicted?
8. Is it possible that your refusal to give up and give in may be a way of avoiding the pain?
9. Is labeling them the enemy defeating both them *and* you?
10. Are your efforts to save the world leaving room to savor it?
11. What would happen if you saw your justice work not as saving the world or bending the arc of the universe towards justice, but simply as "being a pest"? (Inspired by the Dalai Lama, who wrote: "If you think you are too small to make a difference, try sleeping with a mosquito.")
12. What's your question? Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.



Recommended Resources:

As always, this is not required reading. We will not analyze or dissect these pieces in our group. They are simply meant to get your thinking started, and maybe to open you to new ways of thinking about what it means to be “a people of Resistance”.

Resistance

Definition: the refusal to accept or comply with something; the attempt to prevent something by action or argument.

From the Latin verb *resistere*, “to hold back.”

Synonyms: defiance, refusal, struggle, obstruction, opposition

Wise Words

from The Low Road

Two people can keep each other
sane, can give support, conviction,
love, massage, hope, sex.

Three people can join to form
a committee, a wedge. ..

A dozen make a demonstration.

A hundred fill a hall.

A thousand have solidarity and your own newsletter,
ten thousand, power and your own paper,
a hundred thousand, your own media,
ten million, your own country.

It goes on one at a time,
it starts when you care
to act, it starts when you do
it again after they say no,
it starts when you say We
and know who you mean, and each
day you mean one more.

—Marge Piercy

full poem here: <http://tinyurl.com/jdkwgje>

Resistance is thought transformed into feeling. Change the thought that creates the resistance, and there is no more resistance. **Robert Conklin**

A certain amount of resistance is good for anybody. It keeps you awake. — **Joan Didion**

Change is never painful. Only resistance to change is painful. — **Buddha**

I choose love because the burden of hate is too heavy to carry. — **Martin Luther King**

It seems to me that I have greater peace and am close to God when I am not “trying to be a contemplative,” or trying to be anything special, but simply orienting my life fully and completely towards what seems to be required of a man like me at a time like this **Thomas Merton**

There are times when disobedience heals a very ailing part of the self. It relieves the human spirit’s distress at being forced into narrow boundaries. For the nearly powerless, defying authority is often the only power available. — **Malidoma Patrice Somé**

Change means movement. Movement means friction. Only in the frictionless vacuum of a nonexistent abstract world can movement or change occur without that abrasive friction of conflict. **Saul Alinsky**

“The passion of resistance that validates the survival and resiliency of First Nations people and communities provides hope for healing and reconciliation over the next seven generations.” **U Vic TRC Project Coordinator**

If you think you are too small to make a difference, try sleeping with a mosquito. — **The Dalai Lama**



The moment we begin to fear the opinions of others and hesitate to tell the truth that is in us, and from motives of policy are silent when we should speak, the divine floods of light and life no longer flow into our souls. **E. Cady Stanton**

In his 1963 book, *Strength to Love*, Dr. King wrote, "The trailblazers in human, academic, scientific, and religious freedom have always been nonconformists. In any cause that concerns the progress of mankind, put your faith in the nonconformist!" We Unitarian Universalists strive to be not only counter-cultural but radically transformative of culture as well. Welcome to the resistance: here we insist that all are welcome, all are inherently worthy and equally filled with human dignity. Here we buck conformity and call each to live as a human being not as a market niche, not as a label, not as an illness, not as a stereotype. Welcome to the resistance. Stand up and be counted among those who are human in community. Together we can change the world. – **Rev. Douglas Taylor, Soul Matters Minister**

Resist despair. If you feel like you can't do anything, stand there, pray and resist with your soul force. Live with invincible gentleness. **Megan McKenna**

In these downbeat times, we need as much hope and courage as we do vision and analysis. We must accent the best of each other even as we point out the vicious effects of our racial divide and the pernicious consequences of our maldistribution of wealth and power. We simply cannot enter the future at each other's throats, even as we acknowledge the weighty forces of racism, patriarchy, economic inequality, homophobia and ecological abuse on our necks. We are at a crucial crossroad in the history of this nation. And we either hang together by combating these forces that divide and degrade us or we hang separately. – **Cornell West**

Our lives begin to end the day we become silent about things that matter. – **M Luther King, Jr.**

Because the people who are crazy enough to think they can change the world, are the ones who do.–
Advertisement for Apple Computer, snitched - without attribution - from the writings of Jack Kerouac

Here's to the crazy ones.

Here's to the crazy ones.

The misfits. The rebels. The troublemakers.

The round pegs in the square holes.

The ones who see things differently.

They're not fond of rules.

And they have no respect for the status quo.

You can praise them, disagree with them, quote them, disbelieve them, glorify or vilify them.

About the only thing you can't do is ignore them.

Because they change things.

They invent. They imagine.

They heal. They explore. They create. They inspire.

They push the human race forward.

Maybe they have to be crazy.

How else can you stare at an empty canvas and see a work of art?

Or sit in silence and hear a song that's never been written?

Or gaze at a red planet and see a laboratory on wheels?

While some may see them as the crazy ones, we see genius.

from Still I Rise by Maya Angelou

Out of the huts of history's shame

I rise

Up from a past that's rooted in pain

I rise

I'm a black ocean, leaping and wide,

Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear

I rise

Into a daybreak that's wondrously clear

I rise

Bringing the gifts that my ancestors gave,

I am the dream and the hope of the slave.

I rise I rise I rise. **full poem here:** [https://](https://www.poets.org/poetsorg/poem/still-i-rise)

www.poets.org/poetsorg/poem/still-i-rise



Videos & Podcasts

“Help” on Radiolab

How can we resist the proverbial devil on our shoulder: smoking, addiction, stagnation? In this podcast, “Radiolab looks for ways to gain the upper hand over those forces inside us—from unhealthy urges, to creative insights—that seem to have a mind of their own.”

<http://www.radiolab.org/story/117165-help/>

“Rethinking Non-Violent Resistance”

The participants on this podcast discussed “what we mean when referencing non-violent resistance and wondered together what Dr. King and others really had in mind when he preached non-violence?” They weave together religion, justice, and resistance in real and thought-provoking ways. There’s lots here to think about!

<http://tinyurl.com/zkvegza>

On resisting the war on poor and working families by Robert Reich

<http://tinyurl.com/hnt59ry>

On disruptive leadership (blocks or resistance to being a leader)

<http://tinyurl.com/n6n7uvk>

On global non-violent civil resistance

“Then I analyzed the data, and the results blew me away. From 1900 to 2006, nonviolent campaigns worldwide were twice as likely to succeed outright as violent insurgencies.”

<http://tinyurl.com/qh4yhle>

Articles & Online

“Holy, Holy, Holy! Praise as Resistance” by Trevor Malkinson

The author states: “But it somehow never occurred to me that I could also voice this positive dimension, this praise for creation, as a form of political resistance.” Be sure to listen to the Allen Ginsberg reading “A Footnote to Howl” linked to at the end of the article. (This is slightly “not safe for work” due to a little bit of R-rated language.) <http://tinyurl.com/q9gk9nu>

“Humanism in Context” by Rev. Tom Schade

After tracing some UU history and general religious trends, the author imagines UU congregations as places of “cultural resistance.” He ends with these questions: “Is your congregation an outpost of a culture of resistance to the mainstream culture? Is that really part of who you are and why you exist? And if so, how and why? What are you resisting? How do you show it? How is it creating new life and new possibility for you and the people of your community?” <http://tinyurl.com/gr9fbr6>

An Experiment in Love: Martin Luther King, Jr. on the Six Pillars of Nonviolent Resistance

This is an overview of King’s profoundly insightful 1958 essay “An Experiment in Love.” In this essay, King “examines the six essential principles of his philosophy of nonviolence, debunks popular misconceptions about it, and considers how these basic tenets can be used in guiding any successful movement of nonviolent resistance.” <http://tinyurl.com/hgmw9en>

Henry David Thoreau’s essay “Civil Disobedience”

If a law “is such a nature that it requires you to be the agent of injustice to another,” he declares, “then I say, break the law.” This essay makes it clear that “this stance is not a matter of whim but a demanding moral principle.” <http://tinyurl.com/jgt66j6>

White Debt

An article about resisting the reality of white privilege: <http://tinyurl.com/obpgt3p>

“How to Overcome Immunity to Change” by Jessie Scholl

Some practical guidance on how to make real and lasting changes, “two prominent researchers share a step-by-step plan that can help you break through old patterns and finally make the shifts that matter.”

<http://tinyurl.com/jpy8oek>

Movies & Television

The Stanford Prison Experiment

Could you resist the temptation to be your worst self? Movie review and a link to the movie trailer:

<http://tinyurl.com/h6j4n5r>



Frida

A biography of artist Frida Kahlo, who channeled the pain of a crippling injury and her tempestuous marriage into her work. <http://tinyurl.com/gvqdkro>

Ghandi

The life of the lawyer who became the famed leader of the Indian revolts against the British rule through his philosophy of nonviolent protest.

<http://tinyurl.com/mpuf5>

Shut Up and Sing

A documentary on the Dixie Chicks in the wake of singer Natalie Maines' anti-George W. Bush statement at a 2003 concert. <http://tinyurl.com/gl6ucm4>

Selma

A chronicle of Martin Luther King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.

<http://www.imdb.com/title/tt1020072/>

Milk

The story of Harvey Milk, an American gay activist who fought for gay rights and became California's first openly gay elected official. <http://tinyurl.com/hpt2tho>

Songs

“Ella's Song” by Sweet Honey in the Rock

“We who believe in freedom cannot rest/ We who believe in freedom cannot rest until it comes”

<http://tinyurl.com/zzt2lup>

“32 Flavors” (live version) by Ani DiFranco

Resist being turned into a follower and claim your uniqueness. <https://vimeo.com/50543127>

“Resistance” by Muse

In a dystopian world, “love is our resistance.”

<http://tinyurl.com/d38bk7n>

Books

***The Silent Cry: Mysticism and Resistance* by Dorothy Soelle**

In this book Solle argues mysticism is exactly what is needed to resist the destructive forces of injustice, materialism, and violence. She calls us to a life of both contemplation and action.

<http://tinyurl.com/zdtkate>

***All the Light We Cannot See*: Anthony Doerr**

A Pulitzer Prize winning novel “about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.” This book “illuminates the ways, against all odds, people try to be good to one another.”

<http://tinyurl.com/zsrckm6>

***Spiritual Defiance: Building a Beloved Community of Resistance* by Robin Meyers**

from the book review: “In this provocative and passionate book, [Meyers] explores the decline of the church as a community of believers and calls readers back to the church’s roots as a community of resistance. Shifting the conversation about church renewal away from theological purity and marketing strategies that embrace cultural norms, and toward ‘embodied noncompliance’ with the dominant culture...”

<http://tinyurl.com/pd3a7ya>

Past Skinner House Unitarian Universalist Common Reads about resistance:

2014-15: Reclaiming Prophetic Witness

2013-14: Behind the Kitchen Door

2012-13: The New Jim Crow

2010-11: The Death of Josseline

A list of books for children and families about resistance:

<http://amzn.com/w/3KK6K5KR518RI>

Volunteer Opportunity For Scrapbookers And Photographers

The History and Archives Committee needs your help:

-to maintain our scrapbooks of church activities – to organize materials received, as simply as placing photographs and materials in sleeves in a photo album, or as creative as you wish to be — the sky is the limit!

-to take photographs at church events and pass along digital or hard copies for inclusion in scrapbooks. If you can help us with either of these, please contact any of the members of our committee – Loretta Biasutti, Helen Backhouse, Frances Schaink or Jim Bowman.

Second Sunday Supper

Cajun Themed Dinner & Games Night

April 9th doors open 4:00 - dinner 5:00 – 6:00 games

The amazing kitchen wizards will prepare an awesome meal, pay what you can. Stay after and play some games (cards, board games...) AND.... Come say hi to our own Danielle Webber! She will be here!

Sign up required by April 5th either on the sign up sheet in Wickenden or sss@unitarianscalgary.org. Please also notify us to cancel if you cannot make it.

This is a very popular social opportunity and it requires a few volunteers to help with set up and clean up. If you sign up, especially as volunteers, please show up, last month almost 25% of the people who signed up did not show up, including most of the clean up crew. This was a challenge for the kitchen as they cook for the number confirmed as well as a scramble for clean up. 20 minutes of your time can keep this happening!

Caring Kitchen April 12th 3:00 – 7:00

Caring Kitchen folks cook up meals, enjoy one together on the day, and freeze most to give to members needing some support and those from the wider community who come knocking at our door. All welcome to be part of the team that provides this caring outreach. Contact: Liz Blackstock/sign up caring@unitariancalgary.org

Alberta Wilderness Tower Climb April 22nd

New Location: Bow Tower

This congregation has a long history of participation in the tower climb to raise funds for the Alberta Wilderness Association (AWA). This year AWA is trying to go paperless so sign-up and pledging on line. This is a family friendly event and if you are participating please let us know at socialjustice@unitarianscalgary.org . Then wear your shirt to the service on April 23rd.

Summer Services

Our Summer Services are more casual and lay-led. If you would be interested in offering a service or providing hospitality for one please send a message to churchservices@unitarianscalgary.org with your availability and if offering a service, your topic.

Proposed Bylaw Change

At the Annual General Meeting on May 7th we will be considering a bylaw change to make membership in our congregation more inclusive.

The proposed new wording is:

1.1 Membership is open to any person 16 years of age or over, regardless of race, creed, gender identity, sexual orientation, age, national origin, and mental or physical abilities, who is in sympathy with the purpose of the Church and who is willing to abide by the Constitution and Bylaws of the Church. To become a member a prospective member shall:

(a) Apply through the Membership Committee, showing that the applicant understands the responsibilities of membership, and affirming the Principles and Purposes of Unitarian Universalism and a willingness to contribute to the life of the Church.

(b) and (c) unchanged

1.1.1 In the event that a person 16 years of age or older is unable to fulfill the requirements in 1.1 due to a difference in physical and/or mental abilities or other exceptional circumstances, the Board may grant membership to the person by majority vote.

The original wording can be seen at the bottom of this page <http://unitarianscalgary.org/church-business/>. Look for the Bylaws as approved May 2016.

There will also be a motion to rescind our existing bylaws and replace them with a new set, which will be the May 2016 bylaws updated with the results of the Membership Bylaw discussion. We need to rescind and replace to satisfy Service Alberta's rules that a new set of bylaws must be approved when multiple changes have been submitted over the years.

Unitarian Church of Calgary Announces Its Annual General Meeting

The fifth of our Unitarian Universalist Principles calls us to affirm and promote "the right of conscience and the use of the democratic process within our congregations and in society at large." One of the most important ways we do this is through the Annual General Meeting of the Unitarian Church of Calgary, which will take place May 7, 2017 at 12:15 in Panabaker Hall. At this meeting, we will:

consider bylaw changes;

vote on the budget;

and elect a new board

More information, including on the proposed bylaw revisions, the slate of candidates moved by the nominating committee, the budget, and the agenda, will follow in the coming weeks. Please plan to attend.

Congratulations to April's Volunteer of the Month!**Docia Lysne**

You may not have witnessed Docia Lysne's volunteer work around the church, but you've probably benefited from it.

Docia was a member of our church in the 1970s before moving to Edmonton and becoming an active congregant there. As a member of the Unitarian Church of Edmonton, she served for three years as a lay chaplain and was instrumental in setting up the church social hall as a distribution port for the food bank and organizing the painting of the kitchen. In 2011, she received the church's W.H. Alexander Award for her outstanding contribution as a volunteer.

Docia's hard work has continued since her return to Calgary in 2013. Over the years, she has:

- Served on the lay chaplaincy committee;
- Served as a welcome table volunteer;
- Presented two summer services, including last year's "The Here-After - A Humorous Look at the Aging Process".
- Done more painting, including the kitchen corner in room 1, the upstairs kitchen, and the hallway.
- Brought delicious baking for Sunday services.

Docia's volunteering over the years hasn't been limited to the church. She's also been a home provider for the Elizabeth Fry Society, a volunteer with Parent Finders, and been involved with Welcome Home, a program for recently housed homeless.

Thanks for all you do, Docia! We're glad to have you with us.

Volunteer Opportunities/Committee Engagement

Are you interested in getting involved in this community – curious about what committees do – when they meet?

Here are a few contacts:

Social Justice 3rd Wednesday 4:30 socialjustice@unitarianscalgary.org

Membership 1st Wednesday 2:00 membership@unitariancalgary.org

Green Sanctuary 1st Monday 7:00 greensanctuary@unitarianscalgary.org

Church Services churchservices@unitarianscalgary.org

Second Sunday Supper sss@unitarianscalgary.org

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						110:00 AM-W-CYPT 06:30 PM-W-Contra Dance
208:00 AM-P/W/ K-Worship	312:00 PM-P- Piano Lessons 05:30 PM-W-Alto sectional 07:00 PM-P-OVC 07:00 PM-B- Green Sanctuary committ 07:00 PM-W-Wild Rose Sangha	410:00 AM-W- Horticultural Therapy 06:30 PM-P-Vocal Latitudes rehears	511:00 AM-B-Staff meeting 02:00 PM-B- Membership Committee 05:30 PM-B- Board Meeting 07:00 PM-P-CRSP rehearsal	604:30 PM-B- Church Services 05:00 PM-7- COSM 07:00 PM-P- UUPhonia re- hearsal	710:00 AM-1- Painting lessons 05:00 PM-W/K- Green Sanctuary	810:00 AM-W-CYPT 05:00 PM-W/1&4- Celtic Folk Club
908:00 AM-P/W/ K-Worship 12:00 PM-P- UUPhonia extra rehearsa 03:30 PM-W/K- 2nd Sunday Sup- per	1012:00 PM-P- Piano Lessons 05:30 PM-W-Alto sectional 06:45 PM-1- Arthritis Support Group 07:00 PM-P-OVC 07:00 PM-B- Finance com- mittee 07:00 PM-W-Wild Rose Sangha	1106:30 PM-P- Vocal Latitudes rehears	1210:00 AM-W- Needlework 11:00 AM-B-Staff meeting 06:30 PM-1- Raging Grannies 07:00 PM-P-CRSP rehearsal 07:30 PM-4-AJC	1305:00 PM-B-TLC Facilitators 07:00 PM-P- UUPhonia re- hearsal	1410:00 AM-1- Painting lessons 06:00 PM-W/K- Life of Brian	1510:00 AM-W-CYPT 06:00 PM-1-CP w/ Am- ber
1608:00 AM-P/W/ K-Worship 02:00 PM-W- Sacred Web Sing- ers	1712:00 PM-P- Piano Lessons 05:30 PM-W-Alto sectional 07:00 PM-P-OVC 07:00 PM-W-Wild Rose Sangha	1807:30 AM-W/K- JWebber Solu- tions 10:00 AM-W- Horticultural Therapy 06:30 PM-P-Vocal Latitudes rehears	1911:00 AM-B- Staff meeting 02:30 PM-W/K- MacG Reconcila- tion 04:30 PM-B-Social Justice Committe 07:00 PM-P-CRSP	2005:00 PM-P- Cabaret tech re- hearsal	2110:00 AM-1- Painting lessons	2210:00 AM-W-CYPT 06:00 PM-W/K- Covenant of Gaia
2308:00 AM-P/W/ K-Worship 12:00 PM-P- UUPhonia extra rehearsa 12:00 PM-B-TLC w/ Duff & Lynn 01:30 PM-W- Dancing with Spirit	2412:00 PM-P- Piano Lessons 05:30 PM-W-Alto sectional 07:00 PM-P-OVC 07:00 PM-W-Wild Rose Sangha	2506:30 PM-P- Vocal Latitudes rehears	2610:00 AM-W- Needlework circle 11:00 AM-B-Staff meeting 12:00 PM-NR-TLC Prairie Sky 06:00 PM-1-JMC 06:30 PM-7- Raging Grannies 07:00 PM-P-CRSP rehearsal	2708:00 AM-W/P/ K-Cabaret	2808:00 AM-W/P/ K-Cabaret 10:00 AM-1- Painting lessons 07:00 PM- Listening to Music	2908:00 AM-W/P/K- Cabaret
3008:00 AM-P/W/ K-Worship 12:00 PM-1-TLC w/ Ev Dewar 12:00 PM-P- Council of Comittees						

How to Reach UCC Staff

Minister

Rev. Debra Faulk
debra@unitarianscalgary.org
 403 702-6486

Director of Religious Exploration /
 Youth Program Coordinator
 Shannon Mang
dre@unitarianscalgary.org
 403-607-8645

Music Director

Jane Perry
music@unitarianscalgary.org

Church Administrator

Martha Mantikoski
office@unitarianscalgary.org
 403-276-2436
 Monday -Wednesday & Friday
 9am to Noon
Office closed Thursdays



Publishing the Quest

The UCC Quest is published 11 times per year by the Unitarian Church of Calgary. Electronic copies are available at www.unitarianscalgary.org/newsletter/. Submissions of articles, photographs, and event announcements are encouraged. Questions about the Quest, please email, quest@unitarianscalgary.org.

The Quest Deadline is the 15th of every month except for July/August.

ENEWS

The ENEWS is normally published via email once a week on Wednesday. Material for the ENEWS must be submitted by Tuesday midnight. If you would like to receive the ENEWS, please email enews@unitarianscalgary.org

Booking Rooms

As our Church gets busier it is important that if rooms are needed they are booked in advance. Space can be reserved either by filling out the online booking form found here <http://unitarianscalgary.org/calendar/#form> or by contacting the Church Administrator at 403-276-2436 or office@unitarianscalgary.org

Lay Chaplains: **Carl Svoboda** and **Beverly Webber**

Our Lay Chaplains are trained to perform rites of passage, such as weddings, funerals/memorial services, child dedications, etc. They are available to provide such services for a fee to the wider community. (Services for Unitarian Church of Calgary members are provided by the minister.) Our lay chaplain can be contacted by calling the church at 403-276-2436 or via email, laychaplains@unitarianscalgary.org.

The Caring Team

The Caring Team provides support to the members, friends, and families of the congregation. If life has you stressed because of illness, hospitalization, moving, we can help. If you have something to be celebrated, such as a graduation, marriage or new child, we are there with you. We are all part of the Caring Team! Need support, have a concern, or want to be of service? Contact caring@unitarianscalgary.org

Monthly Co-Op Card Fundraiser

Each month we will take Co-op Gift Card orders on the first Sunday. Bring cash or a cheque to church unless we already have your post-dated cheques. Cheques are payable to the Unitarian Church of Calgary. A table will be set up in Wickenden Hall place your order there before or after the service. The cards will be distributed following Sunday.

Please continue to support this valuable fund raiser for our church! Contact: Ev Dewar ev.dewar@kogawa.com, Sheila Ward sggward@shaw.ca or Frances Schaink blue.sky@infovisi.com