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Reflections

Unitarian Church of Calgary 1703 1st Street, NW T2M 4P4

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#### January 1

### **Fire Communion**

We have been counting our blessings, letting go of the things that do not serve us and have perhaps raised our expectations. So- what do you want to create or recreate in 2017? The Fire Communion is a shared acknowledgement of the experiences and lessons of the past year and an opportunity to make intentional choices for the vear to come. We do this with gratitude for what has been experienced and hope for the future. Come join us in the celebration!

Presenter: Mary Anna Louise

Kovar

3

8

18

Service Leader: Lynn Nugent

### January 8

### Creating the World We Want

Imagination is the beginning of creation. (G.B. Shaw) lets us imagine the world we want, personally and collectively. Let us strategize how to make it so.

Presenter: Rev Debra Faulk

Service Leader: Lynn Nugent

Music: Jane Perry, Music Director

and Tom Mirhady

Children's Creativity Guest: Tom Mirhady – merry music making

### January 15

#### **Creation Lives**

Leonard Cohen's music lives on, his lyrics a legacy. This service celebrates this Canadian icon sadly now gone from this physical plane. This is a reprise of a Spirituality Of ... service offered five years ago understanding that the last five years of his life and the response to his death add even more depth and richness to the exploration.

Presenter: Rev Debra Faulk

Service Leader: Brian Dorscht

Music: Jane Perry, Music Director with UUphonia and the Tribute

Children's Creativity Guest: Cassy (Cathy) Wellburn - storytelling

### January 22

## Creating a Future Out of the Unfamiliar

After being forced to leave his country "Burundi", Rev. Fulgence Ndagijimana reflects on elements that were part of his familiar environment and his social network. He will talk about his dreams when he was in Burundi and how creating a future, here in Canada, is both a mourning process and an exciting opportunity to embrace unimagined possibilities.

Presenter: Rev Fulgence

Ndagijimana\*

Service Leader: Rev Debra Faulk

Music: Jane Perry, Music Director with UUphonia

Children's Creativity Guest: Ann Kyle – international folkdance

\*Rev Fulgence Ndagijimana recently came to Canada as a refugee from Burundi where he was the minister of the Unitarian Church. He lives in Saskatoon and is the Intern Minister while completing the credentialing process in North America. He is a member of the Executive Council of the ICUU (International Council of UUs)

### January 29

#### Creatively Maladjusted

Martin Luther King Jr said: "Human salvation lies in the hands of the creatively maladjusted." Are we such people? How can we become more so?

Presenter: Rev Debra Faulk

Service Leader: Mary Anna Louise

Kovar

Music: Jane Perry, Music Director

Children's Creativity Guest: Joan Brown – painting project for Rhapsody in Blue

This service will include the presentation of the Panabaker Award and will be followed by a celebration luncheon.

## The Quest

### **Debra's Deliberations**

There is something about the new year that feels like a fresh beginning, which in some ways is odd since spring is really when new growth is most apparent. We are creatures bound by time and calendars, so perhaps it is the gift of hours of darkness that provide time and ambiance for reflection and dreaming. What are our dreams and what action is necessary to make them manifest? The mulching of the old year's experience and germinating of seeds of dreams in the dark soil will come to life through the coming year. There is a resolve that seems most tangible at this time.



I recall participating in a native women's healing circle. Just as the elder began her song, the rain came. She said the rain is cleansing, healing, and is a very good sign. It has been for me ever since which was very helpful living on the wet coast as I did. Here the winter rain is in solid form, yet still it provides purification. The moisture provides nutrients for the dream seeds, cleanses and feeds them. Having this time is essential for growth. Welcome the dark, the moisture, the time of germination, the opportunity for dreaming. May the seeds of our shared ministry continue to bloom, fertilized with love, nourished by shared vision, and shaped by the relationships that continue to develop.

It has been said that many of the most exceptional creations, invention or art, have come in dreams. I am reminded of the words of Goethe:

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness, concerning all acts of initiative (and creation). There is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. ... Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it.

We are building so many dreams for this beloved community and those who find this community an essential part of their lives continue to be nourished by and contribute to it. I have a dream that the many visitors who come through our doors will truly feel at home here, that the hospitality extended to them will bring them back and have them feel included, as included as they are comfortable with, as soon as they enter. I have a dream that everyone, of every age, orientation, race or theological perspective who opens our door and steps inside, finds a "place where love and hope will abide" (quote from one of the opening songs we sing).

This new year is one that may be faced with the need for creative response to uncertainty and to possibility. I have a dream that collectively we can support the changes and transitions that are in process and will occur.

May 2017 bring dreams to fruition, increased peace to the planet, justice to the afflicted and greater joy into all our lives.

Namaste, Debra

#### **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.

## **Shavings from the Board**

## The Western Region Fall Gathering is Coming to Calgary!

Yes, we're hosting the annual fall gathering for the Western Region this October 2017!

This event is a great opportunity to get together with Unitarians from across the region (which covers Thunder Bay, Manitoba, Saskatchewan and Alberta) for fun, learning, sharing and worship. The last time we hosted a fall gathering was in October 2010 – since then it has been held in Winnipeg, Regina, Saskatoon (twice) and Edmonton (twice). It's clearly our turn.

If you'd like to be involved in an interesting project, consider joining up with other Calgarians on an organizing committee. You can contact the organizing committee at <a href="https://www.wrstar.com/WRFG@unitarianscalgary.org">WRFG@unitarianscalgary.org</a>. Or chat with John Michell at the church.

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

## 4-Others for January

Honouring Denominational Engagement
Child Haven International (January 1st,8th,15th)
ICUU International Council of UUs (January 22nd)
Canadian Unitarian Council TEF (January 29th)



## January2016 Kudos!

This month we recognize and thank:

- The bakers who contributed goodies to Operation Cookie and the drivers who delivered the cookie plates.
- Liz Blackstock and Neil Morton for hosting the Christmas turkey supper and all the helpers who made the meal a happy occasion.
- The Lift Elves Jeff Gruttz, Ottmar Hoch, and Dick Wilson. These guys are amazing and so dedicated to making sure those who cannot manage the stairs can still participate.
- Jane Ebbern for getting the Pub Night up and happening.
- Donna Ontonio for managing the Christmas hampers.

- Pierette Lavalee-Hoch, Fay Giroux and Tove Engebretsen for seasonal decorating.
- Our church community for supporting the pageant and the youth's calendar sales.
- Huge thanks to the Grade 7-9 Our Whole Lives Facilitators Bev Webber, Heather Walker, Ivy O'Rielly and Jeff Webber for their time and dedication to the program from mid-Sept- Dec. Also thanks to the 6 participants and their families for their attendance and commitment to the success of the OWL program.
- Thanks also to Bev and Jeff Webber for facilitating the Adult Our Whole Lives Program through the Fall.

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.

## **13 UpBeat News with Jane Perry 3**

There are lots of ways to get more music into your life in this new year, whether as a participant or an audience member. Read on!

**UUphonia** returns to rehearsals on Thursday, January 5 at 7:30pm in Panabaker Hall. We'll be diving into the music for Cabaret 2017, and also renewing our acquaintance with Leonard Cohen's "Hallelujah" in preparation for a "Spirituality of Leonard Cohen" service in mid-January. All interested new singers are welcome to join us — no audition necessary!



**Multigenerational Choir** has its second set of rehearsals starting in January as it prepares to sing in the Sun Feb 5 service. Our focus this year is on the rich tradition of African-American spirituals. This is a great choir for families looking for an all-ages activity to do together, for adults who want to sing on a casual basis, and for anyone who has never been in a choir before. Singers of all ages are welcome to join us! Rehearsals: Sundays mornings from 9:30am to 10:00am in Panabaker Hall on January 22, January 29, and February 5.

An Afternoon of Chamber Music. Sunday, February 12 at 3:00pm in Panabaker Hall. Calgary Philharmonic Orchestra cellist Tom Mirhady presents his annual chamber music concert in the intimate setting of Panabaker Hall. This year, his colleagues Laurie Syer (violin) and Jamie Syer (piano) rejoin him in concert as The Springbank Trio. Repertoire will include the Ravel Trio (1914) and Shostakovich's Trio No. 2, along with works for cello and piano by Tchaikovsky and Chopin in which Tom will be accompanied by pianist Jane Perry. Tickets will be available starting on Sunday, January 15 at our coffee-hour ticket table in Wickenden Hall or by e-mailing tickets4uccmusic@gmail.com: \$25 regular, \$20 senior/student, or pay what you can. Free for those age 17 or under.

### Resident choirs in concert!

One Voice Chorus presents its Rainbow Cabaret on Saturday, February 4 at 7:30pm in Panabaker Hall. The evening will feature soloists, duos and small groups from the choir, along with full-choir reprises of some of OVC's December Food Concert repertoire. Special guests include the BarberEllas, Wrong Kind of Girls, and the quintet Jazz On The Side. Tickets are available through the choir's website: www.onevoicechorus.ca

Calgary Renaissance Singers & Players present a noon-hour concert as part of the long-running ProArts@Noon series. Wednesday, February 22 at 12:10pm. Admission is free. Cathedral Church of the Redeemer (604 1 Street SE in downtown Calgary.)

#### And in other news....

Music Director Jane Perry will be appearing in Calgary's High Performance Rodeo in January 2017 as part of a project called "Why We Are Here!", presented by Toronto's Nightswimming theatre company. The website says, "Why We Are Here! is a unique and stand-alone experience that invites audience members to become a choir and sing in a site that they would not normally be able to sing in." Check out the full event description at the HPR website: <a href="https://www.hprodeo.ca/2017/why-we-are-here">https://www.hprodeo.ca/2017/why-we-are-here</a>

Questions or comments: Music Director Jane Perry at <a href="mailto:jane@unitarianscalgary.org">jane@unitarianscalgary.org</a>



### **UU Family Camp – One of Our Summer Highlights!**

Last year, our family joined UU families from Saskatoon for a terrific Family Camp experience in Cypress Hills, Saskatchewan. This was a great opportunity to have fun and get to know other UU families in the great outdoors. We were a little apprehensive to attend the Family Camp in Cypress Hills. We didn't know anyone else who was going but we threw caution to the wind and embraced it and we are SO glad we did! The wonderful UU folks from Saskatoon were so welcoming and there so much for everyone to do - hikes, canoeing, zip-lining,



stand-up paddle-boarding, swimming, mini-golf and even a deluxe snack bar and ice cream stand. People brought guitars and ukuleles so the campfire sing-alongs at night ranged from Blue Boat home to Barrett's Privateers. A lot of the trip was organized through the magic of Facebook and the summer camp will likely start getting organized in January. This year there is talk of reserving an entire group site so that we can all be together. If you are interested in joining the Saskatoon folks or interested in helping to organize a more local UU family camp, please talk to Shannon Mang or Lisa Hurrle LisapHurrle@gmail.com.

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Through January, creative guests will be joining the children on Sundays to explore the Theme of Creativity and how it relates to our 7 Principles.

**January 8- Tom Mirhady**, cellist with the Calgary Philharmonic Orchestra will demonstrate how music is made with his cello, and the children will make simple instruments.

**January 15- Cathy Welburn,** well-known Calgary story-teller will present: "*Talk to Me*," a storytelling session showing how we can communicate with all our relations, including two-legged, four-legged and standing ones.

**January 22- Ann Kyle** has been a recreational folk dance teacher in Calgary for over 30 years. She'll share some fun and lively dances from various corners of the world! Good for all ages!

**January 29- Joan Brown** will, once again inspire the children to experience the "Rhapsody in Blue" and help them both feel and express themselves creatively. The children will create a piece of group art to enhance the Rhapsody in Blue party in March.

### Return of the Sun Winter Pageant 2016

Thank you to all the performers and participants for creating such a lovely celebration!

Sarah Hooper	Matilda Russell	Donna Ontonio
Libby Kasner	Lucy Shumate	Marsha Haug
Faith Cooper	Sam Blackstaffe	Jane Perry
Ben Gaudet	Léa Leboldus	Heather Walker
Milo Blackstaffe	Camila Ramero Diaz	Yoseth Diaz
Nicolas Marr	Jack Blackstaffe	Jeb Gaudet
Eliza Russell	Morrigan MacMaster-Wier	Barry Wilkinson
Ruby Gaudet	Rev. Debra Faulk	Ned Leavitt
Evangeline Jordan	Michael Leboldus	Alex Russell
Maddie Dunn	Lisa Hurrle	Shannon Mang

## **Update Of Church History**

A new church history document, *The Unitarian Church of Calgary – The New Millenium 2001-2015*, is now available. It will soon be on the church website, along with *Nine Unitarian Decades*, the previous publication about our church history. Thanks to all who contributed information, to our Church Administrator Martha Mantikoski, who formatted the document, and to Ann Kyle, our web manager. If you wish to have a paper copy, please contact one of us.

History and Archives Committee: Loretta Biasutti, Helen Backhouse, Jim Bowman, Frances Schaink

## **January UU Pub Night**

Wednesday, January 4, 7pm-9:30pm at the Getto Boys, (720 16th Ave NW, Lower Level.

Come start 2017 with the UU's Pub Night. Mark it on your calendar now. Bring your New Year's resolutions and or contemplative conversation topics and come share a drink (alcoholic and non-alcoholic libations available) and some great food if you wish, (including gluten free and vegetarian offerings). This is a great way to mingle with newcomers or old-timers alike and your friends are very welcome too. Depending on the crowd's wishes, we will have a table for just socializing and another for those wanting more of a theological/ethical conversation - something for everyone.

Parking is available on the east side of the building. Hope to see you there!

## **Are You Interested in Lay Chaplaincy?**

Here is your opportunity to find out more! The Basics of Lay Chaplaincy, a practical weekend workshop about Lay Chaplaincy and what Lay Chaplains do, will be held in Edmonton, March 10 – 12, at the Westwooad congregation. This workshop is for anyone interested in finding out more about Lay Chaplaincy, in serving on a Lay Chaplaincy committee, or in becoming a Lay Chaplain either now or in the future. It is a requirement to become a Lay Chaplain. Information can be found on the CUC website under the "what we do" link.

Our congregational Lay Chaplaincy committee is seeking a candidate to replace our retiring Lay Chaplain. The Lay Chaplain officiates at rites of passage, including weddings, memorials, child dedications, and others. Being a Lay Chaplain is an extremely rewarding experience. If you have been an active member of our congregation for at least one year and are interested in serving as a Lay Chaplain or would like more information, please contact us at laychaplains@unitarianscalgary.org.

### Young Adult Welcoming and Inclusion Project

Are you interested in improving the way we welcome, include, and serve young adults? Be part of a pilot project to access structured mentoring, guidance, webinars, and resources. Between January and June 2017, join other Canadian UU congregations to develop new approaches to young adult welcoming and integration. This project is a partnership between the Canadian Unitarian Council, the Unitarian Church of Vancouver, and the UU Ministers of Canada and is coordinated by Carly Gaylor and Asha Philar.

To participate on this journey at our church or to find out more about the project please email <u>youngadults@unitarianscalgary.org</u> or speak to Barbara Lane or Kenzie Love.

## **Second Sunday Supper January 8th**

Menu: Roast ham, tofu ham, scalloped potatoes, salad, cooked vegetables, fruit pies/whipping cream Please be sure to sign-up by January 5<sup>th</sup> on Wickenden bulletin board or email: sss@unitarianscalgary.org. Please also let us know if you signed-up and are then unable to attend (both for purchasing and because there is sometimes a waitlist). See you there to kick-off the 2017 season!

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

with Ronnie Joy Leah, Sunday afternoons, 2-4:30 pm, Wickenden Hall January 22, February 26, March 26, 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. Dances will be taught by Ronnie Joy Leah, an experienced dance leader who has shared dances with us at UCC.

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 and workshop facilitator. She has a Doctorate in Education, is a university lecturer and a Certified Expressive Arts Practitioner. Ronnie Joy is a teacher of Sacred Circle Dance and she is being mentored in the Dances of Universal Peace.

### **Date Change for January Co-Op Gift Card Orders**

Co-op Gift card orders January 8 (second Sunday) Co-op Gift card pick up January 15 (third Sunday)

The church receives 4% of gift card orders totaling less than \$5000, 6% when we have gift card orders that total \$5000 - \$9999 and 9% for orders \$10,000 or more.

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

- **1.** On **January 8th**, bring cash or a cheque to church, payable to the Unitarian Church of Calgary. **Post-dated cheques are welcome.** Place your order at the table set up in Wickenden Hall before or after the service.
- 2. The gift cards will be distributed on **January 15<sup>th</sup>.)** 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.

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



## What Does It Mean To Be A People of Creation?

Creativity is simply our ability to dream things up and make them happen. — Peggy Taylor

Amen. It is about dreaming and imagination. It is about being able to envision what others haven't. It is about noticing connections that haven't been drawn. Even connections between us and the earth, and us and each other. To be a people of creation is indeed to dream the "not yet."

But what about that other part? "...and make them happen." There's something in there that sometimes gets short shrift. Yes, creation requires the ability to imagine the "not yet," but it also requires the courage to live into it.

Which means that this month is not just about imagination, artistry and self-expression, but also about bravery. It takes courage to offer a unique expression. It takes courage to try new things and fail. Heaven knows it takes courage to create and plant seeds for that which won't be finished in your lifetime. Creativity asks us to leave the familiar, to break with the pack, to risk being singled out. Yeah, there is joy, beauty and play in creation, but there is also insecurity, isolation and the sheer exhaustion of trying again and again until you finally stumble on that one and lucky moment of getting it right.

And so maybe that's why we also better talk about "co-creation" this month. Something as daring as creativity is dangerous if we try to do it alone. Indeed, where did we get that silly idea that artists and inventors are isolated, independent geniuses?! If there ever was a myth, that is definitely one. There is no such thing as a "person of creation"; only "people of creation"! New ideas are created in the clash of debate. New art occurs only when inspired by those who have gone before. New and better forms of community are built on the back of those who have toiled and sacrificed long before we put ourselves on the line. Simply put, there are no creators without companions.

So this month, let's honor the bravery that allows the creative instinct to come alive. But let's also give thanks for the companions that make it all possible. And, yes, ok, let's go ahead and indulge a little in the sheer joy and sacred fun of dreaming things up!

### **Our Spiritual Exercises**

Option A:

Create Something and Give it Away

This exercise invites you to explore the relationship between creativity and generosity.

Often the creative impulse is about expressing yourself, but it is also about using yourself for the sake of others. Another way to put this is to say: we create in order to heal and help. Indeed, from a spiritual perspective, creativity is not just about bringing something new and original into the world; it's also about bringing in beauty, kindness and joy. So, how does the world and the people around you need beauty, kindness, and joy? And which of your many creations can usher that in?



otherwise.

# Reflections

### Option B:

#### Your Resume of Failures

This exercise invites you to explore the relationship between creation and failure.

Yup, failure. Nothing gets created without it. The well-known examples of this come from the scientific world; think penicillin, Velcro or Teflon. But some of the most interesting creative failures today are occurring in the world of business and entrepreneurial endeavors. Numerous business schools actively preach one simple message: Fail faster and fail better!

In fact, a Stanford Business School professor recently reported a new trend: young entrepreneurial job seekers are listing their failures on their resumes! Instead of boasting about their successes and awards, they proudly promote their marketing missteps and start-up disasters, and what they learned from them. By sharing what they learned and how they used that learning, they display their ability to look at their failures with creative eyes, not as dead ends and bungled attempts but as lessons and brave test runs. So why not try it? Here's your assignment:

Sit down with a piece of paper and spend a day or two listing all your life failures. Then take another day or two and consider them in a new light. Jot down a few bullet points under each "failure" explaining how those dead ends actually became a new road, how what seemed a moment of coming up empty really turned out to be a time of discovering something new, something you would have never looked for

\*Then come to your group ready to share what you learned about creation and blessed failures.\*

### Option C:

### **Capture Creation**

This exercise invites you to explore the relationship between creation and attention.

So much of creativity is about seeing connections, noticing the new, looking at things in a new light, appreciating what is trying to be born. Indeed, maybe appreciation and gratitude has more to do with creativity than we think. So this month, ramp up your appreciation and refine your attention by taking a picture of one "act of creation" each day.

You decide what counts as "an act of creation." What it is, matters less than you finding it. Many of us have a cell phone to make it easier on us, but if you don't have, carry a camera.

Do this daily for at least a week. Each night, share your discovery/photo with a loved one or a friend. Tell them why it symbolized creation for you, and more importantly, why that particular act of creation garners your gratitude. At the end of your week or two, line all the photos up and figure out what lesson they want to offer. Where are unexpected patterns? What did you not notice when you first took the picture? How are they calling you to be more than grateful but also a caretaker?



### Option D:

## **Creation Stories**

Spend time reflecting on the creation story/stories of the Indigenous peoples on whose land you were born and/or where you now live. You may talk to an elder you know, find it on the internet (perhaps it is on the local people's website), or go to your local library and ask the librarian for assistance. If you can't find anything there, here are a couple of other options: listen to an Anishinaabe story of the creation: http://tinyurl.com/jp6hs8w

On the Canadian Museum of History site are stories that are part of this online exhibit—forward to see various stories: http://tinyurl.com/jmfbmht

Consider how the creation story connects with your own understanding of how the universe came to be. The CUC's *Truth*, *Healing and Reconciliation Reflection Guide* offers this Enduring Understanding (something we hope you learn): 'Our strength lies in appreciating and learning from the similarities and differences between Indigenous and non-Indigenous worldviews which contribute to fair, inclusive and healthy communities for all people.' Read this blog post and consider how creation stories relate to worldviews—Indigenous peoples and your own: *Indigenous Peoples Worldviews vs Western Worldviews* by Bob Joseph, Indigenous Corporate Training Inc. http://tinyurl.com/hvrrux3

(If your worldview is neither Western nor Indigenous, consider how you would relate your cultural worldview to what you are learning.) Come back to the Soul Matters group with a few thoughts to share about creation stories and how they affect your understanding of creation.

## 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 expectation means, but to figure out what being a person of expectation means for you today. So, which question is calling to you?

- 1. What are you building, painting, composing or planting with your life? ("All the arts we practice are apprenticeship. The big art is our life." -M.C. Richards)
- 2. When did you stop singing? When did you stop dancing? When did you stop telling your story? When did you stop sitting in silence? (Cross-cultural anthropologist Angeles Arrien tells us that in many traditional cultures, when an ill person goes to the healer, he or she is asked these four questions.)
- 3. Are you as "creatively maladjusted" as you'd imagined you would be? ("Human salvation lies in the hands of the creatively maladjusted." Martin Luther King, Jr.)
- 4. When was the last time you created (or helped create) something that will outlive you?
- 5. Are your ready to re-create yourself? Is it time to start with a blank canvass? To start writing a new story?
- 6. What around you needs to be put back together again?
- 7. When was the last time you "failed beautifully"? Is fear of failure preventing your life from becoming art?
- 8. What if you started every day with a creative act? ("My future starts when I wake up every morning. Every day I find something creative to do with my life."- Miles Davis)
- 9. What if you started every day with "In the beginning..."?



- 10. Pablo Picasso believed "every act of creation begins with an act of destruction." What needs to be deconstructed, wiped away or tilled over in your life in order for a new creation to take root?
- 11. If you were put on trial for being part of creation and tangled up in the interconnected web, could you be convicted? Would your sentence by significantly greater than all of your neighbors?
- 12. Are your decisions based on fear or creativity? ("I invented this rule for myself to be applied to every decision I might have to make in the future. I would sort out all the arguments and see which belonged to fear and which to creativeness, and other things being equal I would make the decision which had the larger number of creative reasons on its side. I think it must be a rule something like this that makes jonquils and crocuses come pushing through cold mud." Katharine Butler Hathaway)

### **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 Creation'.

#### Creation

**Definition:** the act of producing or causing to exist; an original product of the mind, especially an imaginative artistic work; the world; the universe.

**Synonyms:** cosmos; nature; life; formation; genesis; handiwork; opus

**Words of association:** art, imagination, action, beauty, beginnings

### Wise Words

Creativity is simply our ability to dream things up and make them happen. — **Peggy Taylor** 

Every act of creation is first of all an act of destruction.

— Pablo Picasso

All the arts we practice are apprenticeship. The big art is our life. — **M.C. Richards** 

All children are artists. The problem is how to remain an artist once he grows up. — **Pablo Picasso** 

The extravagant gesture is the very stuff of creation. After the one extravagant gesture of creation in the first place, the universe has continued to deal exclusively in extravagances, flinging intricacies and colossi down eons of emptiness, heaping profusions on profligacies with ever fresh vigor. The whole show has been on fire from the word go! — Annie Dillard

It is the tension between creativity and skepticism that has produced the stunning and unexpected findings of science. — **Carl Sagan** 

A spirituality of work is based on a heightened sense of sacramentality, of the idea that everything that is, is holy and that our hands consecrate it to the service of God. When we grow radishes in a small container in a city apartment, we participate in creation. We sustain the globe. When we sweep the street in front of a house in the dirtiest city in the country, we bring new order to the universe. We tidy the Garden of Eden. We make God's world new again. When we repair what has been broken or paint what is old or give away what we have earned that is above and beyond our own sustenance, we stoop down and scoop up the earth and breathe into it new life again, as God did one morning in time only to watch it unfold and unfold and unfold through the ages. — Joan Chittister



Human salvation lies in the hands of the creatively maladjusted. — **Martin Luther King, Jr.** 

Cross-cultural anthropologist Angeles Arrien tells us that in many traditional cultures, when an ill person goes to the healer, he or she is asked four questions: When did you stop singing? When did you stop dancing? When did you stop telling your story? When did you stop sitting in silence? She calls these the healing salves. — Peggy Taylor

You must have a room, or a certain hour or so a day, when you don't know what was in the newspapers that morning, you don't know who your friends are, you don't know what you owe anybody, you don't know what anybody owes you. This is a place where you can simply experience and bring forth what you are and what you might be. This is the place of creative incubation. At first, you may find that nothing happens there. But if you have such a sacred place and use it, something eventually will happen. — **Joseph Campbell** 

Invocation

On all of creation,

The animate and inanimate,

The weak and the strong,

The young and the old,

The wise and the simple,

The free and the captive,

The peaceful and the anxious,

The joyful and the sad,

The saint and the sinner,

The living and the dead,

Be the grace and glory of God.

— David Adam: http://tinyurl.com/jom8pu7

Help us to bring darkness into the light,

To lift out the pain, the anger,

Where it can be seen for what it is-

The balance-wheel for our vulnerable, aching love.

Put the wild hunger where it belongs,

Within the act of creation.

Crude power that forges a balance

Between hate and love.

Help us to be the always hopeful

Gardeners of the spirit

Who know that without darkness

Nothing comes to birth

As without light

Nothing flowers.

- May Sarton

Creation is an act we are all participating in — moment by moment, breath by breath, dream by dream. We are constantly evolving from one thing to the next, reinventing our outward selves as our inner spirit grows and emerges in new ways. Our thoughts, our words, our actions — these create reality, not only for ourselves as individuals, but they shape the world for all beings. Our intentions pull the future into place; our linked hopes hold the power to shape the world-that-will-be. We are all co-creators of the universe. — **Leslie Mills, Soul** 

Matters minister

We belong to the community of creation—a phrase that embraces everything God created: every species, human and nonhuman, every living organism in the air or under the water or buried in the dirt. When I encountered the idea of creation as one massive living organism, it made sense to call it 'community.' This community is so intertwined and interconnected that, if one part is destroyed, the other parts will be affected. — Sally Bingham

Creation stories are not meant to be literal events. We call them 'myths' to help us see that they are real and true at a level deeper than facts. Creation stories serve to define who we are as people by showing us where we have come from and what was important as we began. A creation story is the cornerstone of meaning. Stories of creation tell us not only about beginnings but also right now. Creation is not something that happened once at the beginning of everything. Creation is always happening. — **Douglas Taylor, Soul Matters Minister** 



To be alive: not just the carcass

But the spark.

That's crudely put, but ...

If we're not supposed to dance,

Why all this music?

— Gregory Orr

I have wished a bird would fly away, And not sing by my house all day;

Have clapped my hands at him from the door When it seemed as if I could bear no more.

The fault must partly have been in me. The bird was not to blame for his key.

And of course there must be something wrong In wanting to silence any song.

### Robert Frost

The writing life requires courage, patience, persistence, empathy, openness, and the ability to deal with rejection. It requires the willingness to be alone with oneself. To be gentle with oneself. To look at the world without blinders on. To observe and withstand what one sees. To be disciplined, and at the same time, take risks. To be willing to fail — not just once, but again and again, over the course of a lifetime. "Ever tried, ever failed," Samuel Beckett once wrote. "No matter. Try again. Fail again. Fail better."

here: http://tinyurl.com/h5y3ju2

### Videos & Podcasts

A "speed painter" creates art in 90 seconds and shows how much a change in perspective changes art. https://www.youtube.com/watch?v=EHUXmIW6Bhc

Creating music within nature's creation.

http://tinyurl.com/jug4eqq

One song played by a band scattered all over the world http://tinyurl.com/horcey8

A very touching video about being close to and loving creation: "I love you mother nature, your sunny fields of green, your taste of freedom..." (3 minutes)

http://tinyurl.com/hyo6ro4

"The green boat: Reviving ourselves in our capsized culture" — a TEDx Talk by Dr. Mary Pipher (20 minutes) https://www.youtube.com/watch?v=iozxLbuPiX4

A three minute video about how Carol Ott is documenting all abandoned and blighted buildings in Baltimore; one of the unspoken messages is how we need to look wide-eyed at destruction and take responsibility in order for new creation to happen.

http://tinyurl.com/jpklk4q

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http://tinyurl.com/jpklk4q

On Being: Creativity and the Everyday Brain

Krista Tippett interviews Rex Jung, a neuropsychologist, who is working on a cutting edge of science, exploring the differences and interplay between intelligence and creativity. He and his colleagues unsettle long-held - Dani Shapiro; more about writing and the creative life beliefs about who is creative and who is not. And they're seeing practical, often common-sense connections between creativity and family life, aging, and purpose. You may be surprised to learn what studies show about "brainstorming."

http://tinyurl.com/h3cgjz8



Lil Buck and Yo-Yo Ma <a href="http://tinyurl.com/jqmqek8">http://tinyurl.com/jqmqek8</a>

### **Articles & Online**

### "Ten Things Creative People Know"

"Do you consider yourself creative? If the answer is 'no,' you are not alone. ... It turns out that you don't have to be a great artist to be creative. Creativity is simply our ability to dream things up and make them happen."

http://tinyurl.com/h82hpgz

# Religious Naturalism: A religious worldview grounded in the sciences, the humanities, and the arts

"Every culture has a central story – of who we are and how we came to be. In Judeo-Christian religion, this is described in the book of Genesis. In religious naturalism, it is the story of emergence and evolution. This begins with the Big Bang, leading to formation of stars and planets and the emergence of life on Earth and human beings. It shows an order and beauty in the workings of physical world, and it gives a sense of our place in a vast and ancient cosmos."

http://religiousnaturalism.org/

### "What's the Value of Video Games? Addiction, Recreation, and Re-Creation" by Rachel Wagner

http://tinyurl.com/hdpm7g9

### The Creativity Post

"The Creativity Post is a non-profit web platform committed to sharing the very best content on creativity, in all of its forms: from scientific discovery to philosophical debate, from entrepreneurial ventures to educational reform, from artistic expression to technological innovation – in short, to all the varieties of the human experience that creativity brings to life."

http://www.creativitypost.com/

### **Creation Myths**

An overview of different types of creation stories from cultures all over the world.

https://en.wikipedia.org/wiki/Creation myth

### Fun inventions to make everyday life a little better

http://tinyurl.com/hxk353t

### **Play Exquisite Corpse**

http://tinyurl.com/papnatf

### 12 talks to watch this Earth Day: TED Talks

http://tinyurl.com/zetmkgc

## Black Lives Matter Herstory: The Creation of a Movement

http://blacklivesmatter.com/herstory/

#### **Movies & Television**

### Climate Refugees

This "multi-award winning Sundance film has screened around the world illuminating the human face of climatic change." <a href="http://www.climaterefugees.com/">http://www.climaterefugees.com/</a>

### Billy Elliot

A talented young boy becomes torn between his unexpected love of dance and the disintegration of his family. A testimony to the artistry of bringing forth what is unique within you. <a href="http://tinyurl.com/2ty94v">http://tinyurl.com/2ty94v</a>

#### **Edward Scissorhands**

A gentle man, with scissors for hands, is brought into a new community after living in isolation. A celebration of allowing difference to enter the world and make it more beautiful. http://tinyurl.com/jckg8df

### Mrs. Parker and the Vicious Circle

Sly, sharp and witty, Dorothy Parker and colorful characters of the Algonquin Round Table are the subject of this acclaimed film directed by Alan Rudolph. The plot of the film centers on Mrs. Parker's life in New York City during the 1920s, portrayed as flashbacks from her life working in Hollywood decades later.

http://tinyurl.com/z2fvd2m



### Nova: Origins

Has the universe always existed? How did it become a place that could harbor life? What was the birth of our planet like? ... NOVA presents some startling new answers in "Origins," a groundbreaking four-part NOVA miniseries hosted by astrophysicist Neil deGrasse Tyson.

http://tinyurl.com/7pmoaku

### Songs

"Blue Boat Home" by Peter Mayer

https://www.youtube.com/watch?v=YtZUMOJhLvc

"God Shuffled His Feet" by the Crash Test Dummies <a href="http://tinyurl.com/gqok377">http://tinyurl.com/gqok377</a>

**Re-creation:** Combining classical instruments and grunge music to create something entirely and wonderfully new.

http://tinyurl.com/zbuddf3

#### **Books**

Book for April for the Justice and Spirit online book club (run by UU publishing house Skinner House Books):

### When God Isn't Green: A World-Wide Journey to Places Where Religious Practice and Environmentalism Collide by Jay Wexler

In this lively, round-the-world trip, law professor and humorist Jay Wexler explores the intersection of religion and the environment.

http://tinyurl.com/herfaz2

### Sign up for online book club here:

http://tinyurl.com/gag8yms

#### The Green Boat by Mary Pipher

From the book review: Mary Pipher takes on our planet's greatest problems with the skills of a truly gifted therapist. She knows why we avoid and deny the truth and she knows how we can heal ourselves and our communities even as we try to heal the earth.

http://tinyurl.com/zdrsodz

## **Big Magic: Creative Living Beyond Fear** by Elizabeth Gilbert

Big Magic wants to help readers live "a life that is driven more strongly by curiosity than by fear." It is broken into six inspiring and thought-provoking sections: Courage, Enchantment, Permission, Persistence. Trust, and Divinity.

Book review: http://tinyurl.com/jzgakgw

# **Grounded: Finding God in the World—A Spiritual Revolution** by Diana Butler Bass

http://tinyurl.com/zg2n2ck

## Active Hope: How to Face the Mess We're in Without Going Crazy

From the book review: The challenges we face can be difficult even to think about. Climate change, the depletion of oil, economic upheaval, and mass extinction together create a planetary emergency of overwhelming proportions. Active Hope shows us how to strengthen our capacity to face this crisis so that we can respond with unexpected resilience and creative power.

http://tinyurl.com/j4bs7nh

### Books for children and families about creation:

### The Everything Seed

Short enough to be a children's book but with meaning for all ages, The Everything Seed is "a new myth for a new generation, one that explains ... where we, and the world around us, originated. This joyous celebration of the origins of life is told through captivating poetry and luminous artwork."

http://tinyurl.com/gt2b3c4

### Big Momma Makes the World

"With down-home language and infectious rhythms, Phyllis Root spins a creation myth like no other, brilliantly illustrated by the incomparable Helen Oxenbury." <a href="http://tinyurl.com/hysp5r6">http://tinyurl.com/hysp5r6</a>

#### List of books for children and families:

http://amzn.com/w/3TY4B39GPQUWUhtt



## **Volunteer Opportunities**

**Committee Support** – these committees are looking for new members:

Caring Team - caring for each other and beyond

Physical Plant - for the love of our space

Social Justice - to work for change

Green Sanctuary - for our environment

Church Services - for serene Sundays

Stewardship - caring for and developing our resources

All committees welcome new energy anytime!

**Bulletin Board Caretaker** – Maintain the bulletin boards in Wickenden.

**Western Regional Meeting Support -** Contact Mich Michell to learn about all the exciting ways you can support the team hosting this event.

**PowerPoint Projection team** – Be one of the people who creates the slides for projection during the Church Services. Time Commitment about 1-2 hours per week once per month. Training available. See page 6 for details.

**Audio-visual** – Be part of the dynamic sound room team – there are 2 people required for each service. Time Commitment – 2 hour training then ideally 1 Sunday a month.

## **Caring News**

**Blessing Bags** – these bags of essentials are available for those who come knocking at our door for support. They include toiletries and personal essentials. Donations of travel size shampoo, conditioner, deodorant, hand lotion; toothbrushes, bandages, razors, soup ... can be left in the box in the FoodBank box. We will be putting together the Blessing Bags January 29<sup>th</sup> following the lunch, many hands ...

**Cooking Caring Connection** – we cook and freeze meals for those in need and also share a meal together on the cook-in day. Next one Thursday February 9<sup>th</sup> 3:00 – 7:00 all welcome!

To sign-up or for more info contact caring@unitarianscalgary.org

## **Green Sanctuary Movie Night "Symphony of the Soil"**



Come out on Friday, January 13, 2017 at 6:30 PM with a dessert to share, followed by the film screening, and discussion. Cash donations are accepted at the door to cover costs. (No one turned away for lack of funds.) Please bring dessert to share.

What: Green Sanctuary Environmental Movie Night, Conversation and Dessert!

When: Friday January 13, 2017 6:30-9:00 PM

Cost: Donations accepted at door to cover costs Free registration at:

https://greensanctuary-symphonyofsoil.eventbrite.ca

### **SIMPLICITY**



## Winter Weekend Retreat February 17 – 19, 2016

Join us this Family Day long weekend for the Unitarian Church of Calgary Winter Weekend Retreat at Kamp Kiwanis, just a short drive west of Calgary. Our retreat runs from Friday supper to Sunday lunch, leaving you with a day and a half of the long weekend to spare. Several sessions (all optional) will be offered, such as: mindfulness meditation, the practice of contemplative dialogue, artistic creation, Yoga, and some scientific discourse. There is also plenty of time for your own reflection or chatting with other attendees. All this and a Saturday evening Games Café as well. Come and get to know a group of thirty or so Unitarians and friends as you experience a gentle but stimulating weekend. The retreat is designed for adults and older youth aged 16 and up. With adult sponsorship, participation of youth aged 12 to 15 are also welcome.

The cost of the weekend covers program, accommodation and all meals:

Adults: Early registration, on or before Jan 15 \$155

Registration after Jan 15 \$175

Students and Youth: \$90

### Final deadline for registration is Feb 5th

There are partial bursaries available for those in need of financial support. Watch for our display at coffee hour in January for more details, registration forms and bursary applications.

Your Retreat Team this year is: Duff Bond, Bernie Amell, Conrad Ayasse, Kathryn Burwash, Susan Drake, Sarah Knowling, Joan Riches.

## Time and Talent Auction 2017 (T&T '17)

In the spirit of this month's theme, Creativity, we are going to try a new format for our service auction – now renamed, Time and Talent (T&T). Instead of a one evening event, we are going to hold bidding on your wonderful offerings after the service on 3 Sundays, February 26<sup>th</sup>, March 5<sup>th</sup> and March 12<sup>th</sup>. Bidding sheets will be laid out at church on these Sundays, outlining details on each item offered. (And for those unable to be at church those days, you will be able to submit your bids from a distance.) then from March 13<sup>th</sup> – 26<sup>th</sup>, the winners will be notified and money collected for items won.

This is a silent auction of goods and services donated and bid on by YOU, members and friends of the congregation. It is a great opportunity for members to interact with one another on a more personal level while contributing to our community.

During January and February, we will collect donations from members and friends of the congregation–anything from food and non-food items to hosted activities, and a multitude of services. Guess what! You most likely have a service or talent you that would be valued by someone else. Think about it. Let's get creative here, in keeping with our month's theme.

To kick things off, since I love food and wine, I am going to donate a Swiss Raclette dinner, a homemade pasta cooking class and an Italian dinner and I am thinking about a vintage port tasting. See T & T flyer for other ideas.

Contact me to submit your items or services or to discuss a donation idea - Jane Ebbern t&t@unitarianscalgary.org.

### 2016 William Irvine Social Justice Award Presentation



Congratulations to Cheryle Chagnon-Greyeyes & Chantel Stormsong Chagnon! They are the UCC's recipients of the 2016 William Irvine Social Justice Award. For several years, they have been instrumental in organizing and participating in rallies and marches to support and raise awareness of issues concerning women and indigenous peoples, demonstrating extraordinary leadership with Indigenous women's struggle for justice. They have also performed traditional songs and explained their contexts so that they become meaningful to the wider

community. Indeed, they have taught people how to construct their own drums and organized drum circles for others to play them.

Previous award winners include William Wuttunnee, Rev Bill Phipps, Dr David Swann, Carolyn Pogue, Occupy Calgary, and the Calgary Memorial Society.

# And the Panabaker Award goes to ... Leslie Buckle!

Yes, Leslie Buckle will be the recipient of the Panabaker Award for 2016-17, which will be given out at the January 29th lunch.

Leslie is a great musician: a long time member of the church choir and a participant in TriUU, and the backup accompanist for those Sunday services when Jane Perry is off duty. She is a past Board member and Treasurer, and is the chair of the Membership committee. Currently she is co-chair of the Refugee Support Committee, with Marsha Haug.



Please plan to attend church on Sunday January 29th and the lunch following, to join in the celebrations of this award.

## Volunteer of the Month January 2017: Carolyn Preston

Our Volunteer of the Month for January is Carolyn Preston. Carolyn has been deeply involved as a friend of the Unitarian Church of Calgary for many years. Most recently, she has been instrumental in organizing the "Night in Bhagdad' fundraiser for our refugee family. She has also volunteered with the Choir, taking tickets and manning the cash bar for Cabaret and other concerts. She has been a member of the Caring Team for many years, including a term as chair. Most recently, she and Alastair transported Barry Wilkinson and Muriel Turner-Wilkinson back and forth to Church on Sundays for several months. Carolyn has also been an integral part of the Second Sunday Supper team, helping with the cooking and taking care of the financial side, both with expenses and deposits. This extended into the Caring Cooking Connection for a while as well. She has been involved in the Service Auctions during previous years, and has attended the Needlework circle when time permitted. Thank you, Carolyn, for giving so freely of your time and energy. It is dedicated volunteers like you, that build the community within our Church and make it come alive for visitors!

## January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
108:00 AM-P/W/K- Worship	207:00 PM-P-OVC	306:30 PM-P- Vocal Latitudes	411:00 AM-B-Staff meeting		610:00 AM-1- Painting lessons	710:00 AM-W-CYPT
Worship		rehears	_	07:00 PM-P-	i anting lessons	
				UUPhonia re-		
			Committee 05:00 PM-W-	hearsal		
			CYPT			
			07:00 PM-P-CRSP			
808:00 AM-P/W/K-	906:45 PM-1-	1006:30 PM-P-	rehearsal 1110:00 AM-W-	1205:00 PM-B-TLC	4210:00 AM 1	1410:00 AM-W-CYPT
	Arthritis Support			Facilitators		06:00 PM-1-CP w/
7	Group	rehears	11:00 AM-B-Staff	07:00 PM-P-	_	Amber
Sunday Supper	07:00 PM-P-OVC		1	UUPhonia re-	Green Sanctuary	
	07:00 PM-B- Green Sanctuary		05:00 PM-W- CYPT	hearsal		
	or corr barretaary		06:00 PM-B-			
			Board Meeting			
			06:30 PM-1- Raging Grannies			
			07:00 PM-P-CRSP			
			rehearsal			
1508:00 AM-P/W/K-	1607:00 PM-P-	1706:30 PM-P-	07:30 PM-4-AJC 1811:00 AM-B-	1907:00 PM-P-	2010:00 AM-1-	2110:00 AM-W-CYPT
Worship		Vocal Latitudes		UUPhonia re-		04:00 PM-K-Refugee
12:00 PM-4-TLC w/	07:00 PM-B-	rehears	05:00 PM-W-	hearsal	04:00 PM-W/K-	sponorship
'	Finance com- mittee		CYPT 07:00 PM-P-CRSP			06:00 PM-W-
Web Singers	imitee		rehearsal		SIIIP	Refugee sponsorship
07:00 PM-B-VL Exec						
meeting						
2208:00 AM-P/W/K-	2304:30 PM-K-	2406:30 PM-P-		2607:00 PM-P-	2707:00 AM-W/K-	2810:00 AM-W-CYPT
Worship	Elevated Learning		Needlework circle			10:00 AM-1-CYPT
	wkshp 06:00 PM-1-CYPT	rehears	11:00 AM-B-Staff meeting			06:00 PM-Bk-W- Contra Dance
	07:00 PM-P-OVC		12:00 PM-NR-TLC		Painting lessons	55116161 541165
			Prairie Sky		07:00 PM-	
			05:00 PM-W- CYPT		Listening to Music 07:00 PM-W-GS	
			06:00 PM-1-JMC		Film Where to	
			06:30 PM-7-		Invade	
			Raging Grannies 07:00 PM-P-CRSP			
			rehearsal			
2908:00 AM-P/W/K-		3106:30 PM-P-				
Worship 12:00 PM-1-TLC with		Vocal Latitudes rehears				
Ev Dewar		i Cilears				

## How to Reach UCC Staff

Minister Rev. Debra Faulk debra@unitarianscalgary.org 403-230-8938 (office) 403 702-6486 (cell)

Director of Religious Exploration / Youth Program Coordinator Shannon Mang <u>dre@unitarianscalgary.org</u> 403-230-4146

Music Director Jane Perry <u>music@unitarianscalgary.org</u>

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 <a href="https://www.unitarianscalgary.org/newsletter/">www.unitarianscalgary.org/newsletter/</a>. Submissions of articles, photographs, and event announcements are encouraged. Questions about the Quest, please email, <a href="mailto:quest@unitarianscalgary.org">quest@unitarianscalgary.org</a>.

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 the receive the ENEWS, please email <a href="mailto:enews@unitarianscalgary.org">enews@unitarianscalgary.org</a>

### **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 <a href="http://unitarianscalgary.org/calendar/#form">http://unitarianscalgary.org/calendar/#form</a> or by contacting the Church Administrator at 403-276-2436 or <a href="http://unitarianscalgary.org">office@unitarianscalgary.org</a>

### 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, <a href="mailto:laychaplains@unitarianscalgary.org">laychaplains@unitarianscalgary.org</a>.

### 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 <u>caring@unitarianscalgary.org</u>

### 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.