



# The Quest

Unitarian Church of Calgary  
1703 1st Street, NW Calgary, AB, T2M 4P4  
[www.unitarianscalgary.org](http://www.unitarianscalgary.org) / 403-276-2436



## March 2015

Monthly Theme: Freedom

*Freedom lies in being bold. -- Robert Frost*

### ARE YOU INTERESTED IN NATIONAL UNITARIAN UNIVERSALIST AFFAIRS???

Our congregation is allotted four delegates to every annual Canadian Unitarian Council (CUC) Annual General Meeting (AGM). We are seeking applicants for these four positions. The AGM takes place on the Friday before the May long weekend, that is, the day before the annual national conference that the CUC holds on that long weekend.

The AGM deals with issues of concern to all congregations across Canada. The finances and the focuses of the CUC are discussed, but there are always a number of other areas that require input from the delegates. Several of these will be resolutions that delegates need to consider prior to the AGM to be able to bring their own congregation's stand with regard to these resolutions.

We need four members of our congregation to address the resolutions beforehand, discern how the congregation feels about them, and decide on how they each will vote on these issues. The resolutions are available from the CUC well before the AGM, giving delegates plenty of time to consider them. This is why we are asking for volunteers at this time, six months before the AGM.

Delegates will need to travel to the AGM. Subsidies can be available if needed. After the AGM delegates are asked to submit a report of their experience to our Board of Trustees. Ideally a delegate would be appointed for several years and be available to attend consecutive AGMs as the issues presented often require two or three years for completion.

If you are interested, please send a note describing your reasons for applying to be a delegate to the Board Past President, Meredith Simon, at [meredith.simon@gmail.com](mailto:meredith.simon@gmail.com), or leave a note in the past president mail box in the church office.

### Summer Volunteers Needed

Summer will be here before we know it and we will need a variety of volunteers to ensure that every Sunday service is a great experience, both for our congregation and for our many summertime visitors.

If you have a special interest and would like to lead a summer Sunday service, please explore that possibility with Hendrik Schaink, Chair of the Church Services Committee.

If you will be in the city for all or part of the summer, we will also need support volunteers to help out on Sundays. The **SWEET teams don't operate in the summer, but offerings still need to be collected, visitors welcomed and after-service refreshments organized.** If this is something you can help with, please let Hendrik or another member of the Committee know how you would be willing to help.

### Social Justice Committee Presents *Silence of the Labs*

*Silence of the Labs*: With massive cuts by Ottawa in everything from food inspections to water quality and climate change and the dismissal of more than 2,000 federal scientists and researchers, some scientists have become unlikely radicals -- denouncing what they call a politically-driven war on knowledge. In *Silence of the Labs*, Linden MacIntyre tells their story - and what is at stake for Canadians - **from Nova Scotia to B.C.'s Pacific coast and the far Arctic Circle.**

Join the Social Justice committee on Friday, March 20, 6 - 9 p.m. Come for a delicious pizza dinner, and stay for the show, followed immediately by lively discussion and a chance to get involved. As with similar events hosted by Green Sanctuary, please register for free at Eventbrite so that the organizers can ensure there is enough food for everyone attending. Please bring dessert to share. Donations to cover costs will be graciously accepted at the door.

For more information, or if you have questions, please contact Bruce Godwin at [bgodwin@telus.net](mailto:bgodwin@telus.net) or 403-374-1925.

*Sunday services begin at 10:30 a.m. unless otherwise noted.*

### March 1 ~ ~ Freedom Is Coming

As we begin our monthly theme of freedom we hope to deepen our understanding of what freedom means for us as individuals and as a community. Freedom is a multi-faceted **concept with nuances like 'freedom from' and 'freedom to'**. Come join the exploration.

Presenter: Rev Debra Faulk

Service Assistant: Danielle Webber, Student Minister

Music: Jane Perry, Music Director and UUphonia

### March 8 ~ ~ Freedom of Speech

We list a number of freedoms as being important in defining a progressive society. This morning I claim that the most significant is freedom of speech.

Presenter: Rev Debra Faulk

Service Assistant: Danielle Webber, Student Minister

Music: Jane Perry, Music Director

### March 15 ~ ~ **"In a Just World ..."**

A humanist view of the worth of every person compels us to seek justice – even though this may require changing the structures of justice and of governance. We need the courage to **"call our shots"** on the basis of **educated and informed** citizenry.

Presenter: Bruce Godwin

Service Assistant: Penney Kome

Music: Jane Perry, Music Director; Multigen Choir and UUphonia

### March 22 ~ ~ Free to Be Yourself

We like to think we have freedom to choose our own destinies, but what happens when forces beyond our control prevent us from reaching our full potential. This service will look at the connection between oppression and freedom in contemporary society and ask: what can we do to build a more just society?

Presenter: Chris Rothbauer, Intern Minister

Service Assistant: Rev Debra Faulk

Music: Jane Perry, Music Director

### March 29 ~ ~ **Freedom's Boundaries**

Are there any reasonable boundaries to freedom, any freedoms that need to be limited? The notion of freedom may be embraced as boundless in the ideal, can it be in reality?

Presenter: Rev Debra Faulk

Service Assistant: Danielle Webber, Student Minister

Music: Jane Perry, Music Director

## Wednesday Soulful Sundown Service

Held on the first Wednesday from 7:30 – 8:15 p.m.

### March 4:

Living between the lines: Join us for this young adult led service as we reflect on what freedom means as we navigate living within social constructs. This is an interactive worship, so expect movement and lively discussion.

## March 4-Others: Right to Play

No matter the circumstance, all our stories share a game, an activity, a lesson and hope for the future. That's because we're giving children the opportunity to learn and grow, while overcoming adversity. Our play-based programs teach children how to live safe and healthy lives, while providing them with the tools to become leaders in their communities. We believe that where there is play, there is a story worth telling.



## Debra's Deliberations

I am finding myself framing much of my reading, experience and thoughts around the themes that we have been using this year. It has added a different dimension, a new lens to look at life and what happens. There have been amazing synchronicities with just the right book or article showing up related to the theme that I am focused on. There have been numerous conversations with people about things that have come to light because of the focus. And then of course there is so very much that happens outside of the themes, or at least it appears that way.

At the beginning of February I had the incredible opportunity to attend a week-long program with Joanna Macy. Joanna is an environmental activist, author, scholar of Buddhism, general systems theory, and deep ecology. She is **one of my heroes; I have been reading Joanna Macy's work for decades; have attended and co-facilitated workshops based on her work about Sacred Ecology and the Great Turning.** This was my first opportunity to work directly with her and to say it was an honour would be putting it mildly and the experience was incredibly humbling and inspiring. So in April when we have the theme of Sustainability her work is a natural fit.

This month though we have a theme of Freedom and so I have been wearing my freedom glasses as I continue to process the week with Joanna and her collaborators Movement Generation, a group of community organizer, educators and activists from Oakland, California. How does freedom fit into the broad ecology framework?

Well place of greatest inspiration for me from the week was an incredible sense of responsibility about the environment and our human contribution to the climate crisis we are now in. This does relate to freedom for me in that I have freedom to make choices about so many things that contribute to or ameliorate the situation. I find myself reminded of a quote by **Eleanor Roosevelt who said "Freedom makes a huge requirement of every human being. With freedom comes responsibility. For the person who is unwilling to grow up, the person who does not want to carry their own weight, this is a frightening prospect."**

Freedom does indeed come with great responsibility; freedom in some sense means we are response able and the work I did with Joanna beckons me to act on these freedoms and responsibilities. This sense of Freedom and responsibility I am trying to articulate here was expressed in a quote from

Joanna's book *World as Lover, World as Self* that I used in one of the services about passion. Many people asked me for it so...

"Of course, even when you see the world as a trap and posit a fundamental separation between liberation of self and transformation of society, you can still feel a compassionate impulse to help its suffering beings. In that case you tend to view the personal and the political in a sequential fashion. "I'll get enlightened first, and then I'll engage in social action." Those who are not engaged in spiritual pursuits put it differently: "I'll get my head straight first, I'll get psychoanalyzed, I'll overcome my inhibitions or neuroses or my hang-ups (whatever description you give to samsara) and then I'll wade into the fray." Presupposing that world and self are essentially separate, they imagine they can heal one before healing the other. This stance conveys the impression that human consciousness inhabits some haven, or locker-room, independent of the collective situation -- and then trots onto the playing field when it is geared up and ready.

It is my experience that the world itself has a role to play in our liberation. Its very pressures, pains, and risks can wake us up -- release us from the bonds of ego and guide us home to our vast, true nature. For some of us, our love of the world is so passionate that we cannot ask it to wait until **we are enlightened."**

Recognizing the incredible freedoms we have in this country I am resolute in accepting the responsibilities that come with them to contribute to liberation of beings and the planet. A mighty task that really does require individual as well as collective commitment.

### **Debra's Office**

*Hours: Monday: Day Off*

*Sermon Writing: Wednesday*

Office Hours:

Tuesday: noon – 4p.m.

Thursday: 11a.m. – 7p.m.

(Drop-in Tea: 3 – 4 p.m.)

Other times by appointment  
For other times please book  
an appointment.

(403) 702-6486 (cell)

(403) 230-8938 (office)

## Cultivating Loving Hearts/Open Minds: Children & Youth Religious Exploration

The Secret Buddies program is in full swing having started on the first Sunday in February, and running until March 15 when the “Big Reveal” will take place. This year there are 12 Junior and Senior Buddy pairs sharing famous Unitarian identities.

On March 15 get ready to be introduced to

- Florence Nightingale Jr. and Sr.;
- Christopher Reeve J and Sr.;
- Louisa May Alcott Jr. and Sr.;
- Julia Ward Howe Jr. and Sr.;
- Beatrix Potter Jr. and Sr.;
- Robert Munsch Jr. and Sr.;
- Emily Stowe Jr. and Sr.;
- Margaret Laurence Jr. and Sr.;
- Olympia Brown Jr. and Sr.;
- Marion Panabaker Jr. and Sr.;
- Dr. Lotta Hitchmanova Jr. and Sr.
- and Susan B Anthony Jr. and Sr..

Through February, our theme here at the Unitarian Church of Calgary has been Passion. There have been wonderful stories told upstairs and downstairs about how real people and characters in books have expressed their passions. The children have shared what their own passions are and some are planning on turning those passions into service opportunities in the Service Auction on Feb. 28

We move into the Theme of Freedom in March. The CYRE has chosen the “**4 Others**” organization **Right to Play** because this organisation believes that all children need to have the freedom to play no matter what their circumstances. Another ways that the children will be engaging the theme of

freedom is through Pink Shirt Day; Pink Shirt Day is all about children taking a stand for freedom from bullying. We’ll be making tie-dyed Pink Shirts on Sunday Feb. 22 in preparation for the real Pink Shirt Day on Feb. 25, and the children will also tell the story of Pink Shirt Day on March 1 during the Time For All Ages..

There are lots of singers young and young-at-heart looking forward to the next round of Multi Gen Choir rehearsals on March 1, 8 and 15.

The Family TLC met on a Saturday in February in Bragg Creek at Michelle and Ian’s house - thank you so much for your hospitality. The Family TLC’s take place near the end of each month and the host family can name the date and time that suits their family the best. We’re looking forward to hearing where and when the March one will be!

A big thank-you to those of you who took part in the Big Lego Roundup. We had three donations of Lego and Duplo to add to the CYRE Lego collection. Please remember us if you would like to donate Lego anytime you are letting go of Lego no longer used at your house.

Our volunteer sign-up system that includes both an on-line tool at Volunteer Spot and “old school” clip boards at the foot of the stairs heading towards the CYRE classes, seems to be working well for us. Thank-you to all who are signing up in both forums. We are still needing more leaders willing to provide short, age-appropriate Sunday programming for preschool children, and those who would be willing to sign up to provide snacks for the children.

Shannon Mang, Director of Religious Education  
Contact Shannon at [dre@unitarianscalgary.org](mailto:dre@unitarianscalgary.org)  
Phone number: 403-230-4146  
Office Hours: Tuesday & Wednesday: 9 a.m. to 5 p.m.

## Get your game face on for games night



March 6, 2015  
Bring your favourite board or card games.  
All ages event.  
Potluck Snacks  
Any questions? You may contact:  
[webberbev@gmail.com](mailto:webberbev@gmail.com)  
[cprestn5@telus.net](mailto:cprestn5@telus.net)

## Administrator Farewell Potluck Lunch

March 3rd, 2015, 12:00pm  
Our office administrator, Ryan Peters, is leaving the church this week., but will still be around the Calgary community.  
Join us for a Potluck, farewell (or see you later) lunch.



## “Freedom to Thrive”

What does freedom mean to me?

As a child, I didn't have the same opportunities as some of my wealthier peers. Growing up in poverty, I couldn't travel, learn in extra-curricular settings, or buy the latest in technology to help me learn. This was because my parents worked jobs where we never had much so we had to make what little money we did have last. Survival became paramount and efforts to better myself would have to wait for another, more convenient time.

I'm not ashamed of my working class background. I know that it has helped to shape me into the person I am today. Yet, I have to ask myself, was I truly free while I was growing up? While my friends were going on expensive vacations and buying new computers, our family was happy just to pay off the bills at the end of the month. I definitely had the intellectual capability to do just as much as my friends were, but a lack of financial resources prevented me from reaching my full potential until long into adulthood.

The truth is I'm quite lucky. Not everyone born into the circumstances I was has the same opportunities to better themselves that I have. I worked hard and was willing to take on a lot of debt in order to achieve new things. I am single and have no kids which meant that I don't have anyone to support but myself. Other people are not so fortunate. This raises the question: are these people really free? If circumstances beyond our control are dictating what prospects or lack thereof we have, then are we really given a choice as to what path we take in life? If our choice is dictated by others, what sort of freedom do we have?

Creating opportunity for all is a project close to my heart, and this is one reason I am a Unitarian Universalist. I believe that Unitarian Universalism has a saving message that all people have inherent worth and dignity and, as a consequence, we should all have the same opportunities based on ability. If I have an ability I can't nurture because I don't have the resources necessary to do so, then we, as a society, are not recognizing that all people have the same inherent worth and dignity and are allowing other factors to detail our view of human nature.

What does freedom mean to me? Freedom means the right to grow, learn, and thrive in a society that allows everyone to be the best possible person they can be. That doesn't mean everyone should go to college or travel the world, but it means

that we make those choices available if you have the capability and interest to do them. Mahatma Gandhi once said that, “A nation's greatness is measured by how it treats its weakest members.” Our test as a society is how well we treat those members at the lower ends of the social and economic classes.

Chris Rothbauer is the Unitarian Church of Calgary Intern Minister. Email [chris@unitarianscalgary.org](mailto:chris@unitarianscalgary.org)  
Office (403) 276-2436

## Class & UU

Coming this April: “Class & UU,” an exploration of class issues and how they affect us in Unitarian Universalism!

During its history, Unitarian Universalism has not always been the best at addressing issues of class. This has been a reflection of how society as a whole has not been willing to address class, and have often pretended it didn't exist or minimized its negative impact.

Join Chris Rothbauer, Intern Minister, as we explore how raising consciousness of class issues within Unitarian Universalism can help us build a more inclusive community and bring about the Beloved Community which we dream of. Participants will be encouraged to think critically about their role in issues of class and will be equipped with knowledge and skills that will help when talking about class in their own lives. Through role play, discussion, critical reflection, and hands-on activities, we will tackle the nuances of class in our church, our society, and our world

“Class & UU” will run four Wednesdays in April: April 1, 8, 15, and 22. All sessions will run from 6 p.m. to 8 p.m. in room one. To register for “Class & UU,” visit the adult programs registration page at <http://unitarianscalgary.org/adults/registration/>, e-mail [chris@unitarianscalgary.org](mailto:chris@unitarianscalgary.org), or phone (587) 585-5141.

## SECOND SUNDAY SUPPER

Join us March 8 Second Sunday Supper (SSS) for a delicious communal meal prepared by Dean Kasner, Joan Brown, Bev Webber, and their many helpers.

Doors open at 4:00

Supper served at 5:00 In celebration of St. Patrick's Day, we will be featuring a traditional Irish dinner including:

Corned Beef and Cabbage

Vegetarian Tofu Ham and Cabbage

Pasties (stuffed chicken and vegetarian pastries)

Bangers

Roasted Potatoes

Dinner Vegetable

Full Salad Bar

Irish soda Bread and Gluten Free Soda Bread

Irish Whiskey Cake and Irish Cream Cake (also a gluten free option)

Look on the bulletin board in Wickenden Hall for the sign up sheet and to see what the menu is.

The signing up is very important to the chefs, as they need to know how many too cook for.

When signing up please indicate if you have an allergies and **food preferences. The chefs do they're very best to accommodate all these, unfortunately we are unable to accommodate special needs without notice. *Every meal will include a Gluten Free option as well as a Vegetarian option.*** Dinners are by donations.

The dinner sign up deadline is March 4, and those are served in the order of sign up.

## Shavings from the Board

by Mary-Anna Louise Kovar President, UCC Board of Trustees

missing and creating appropriate updates. Governance is also looking at the current Board structure and is planning to bring some thoughts regarding this to the congregation at our May meeting. Strategic Planning has done groundwork with regards to evaluation of our strengths, weaknesses, opportunities and risks; and has generated some possible goals for the congregation. That committee is currently working on some survey questions to gather input from you. We are planning to create opportunities for all who are interested to participate in discussions. Through these discussions we hope to evaluate the ideas already generated and to make room for the incorporation of anything that may have been missed. We hope that you will take advantage of this and add your perspective to the conversation. In response to the request for more statistical reporting (membership, attendance) at our last congregational meeting and a recommendation from another member in attendance, the Board is looking at developing key performance indicators for the goals the congregation chooses out of our **work together. There is much work to be done! Let's remember to have fun together as well. The church is buzzing with opportunities for both.**

The work of the ad hoc committees of the Board is ongoing. The Governance committee has turned its attention to Policy and Procedures part of the Church Handbook. They are looking at the current contents to evaluate what is outdated, inaccurate or

## Turn of the Wheel: Half-Day Spiritual Retreat

Saturday, March 21 9:30 a.m. - 12:30 p.m. Join us for the quarterly "Turn of the Wheel Spiritual Retreat" marking the transition from Winter to Spring. We will take time to reflect individually on the four areas of our lives: physical, emotional, mental, spiritual. We will spend time on each aspect, looking back over the past season and considering how we are doing in that area, and then make concrete plans for the next season. Most of the time will be spent in individual reflection. This time is a gift to yourself. Sign-up on the Church Activities board in Wickenden Hall.

Freedom makes a huge requirement of every human being. With freedom comes responsibility. For the person who is unwilling to grow up, the person who does not want to carry is own weight, this is a frightening prospect.

*Eleanor Roosevelt*





## Intern's Perspective

Spirit of Life  
Come unto Me  
Sing in my heart  
All the stirrings of compassion  
Grow in the Wind  
Rise in the Sea  
Move in the Hand  
Giving life the Shape of Justice  
Roots hold me close  
Wings set me free  
Spirit of Life  
Come to me, come to me.

We sing this song every Sunday at the end of our services, and although it was not written by a Unitarian Universalist, these lyrics fit very well with our principles and the ideas that we hold sacred. We see in these lyrics plea for the

ability to conjure compassion and justice in our actions, a very strong Unitarian Universalist ideal. The justice that we strive for always has a compassionate underpinning- whether it is human rights or environmental justice. Growing up a Unitarian I learned at a very young age to care for all beings, to treat them as equal. This knowledge has become innate to my person and it is where I start with all relationships.

Another of our principles that is lifted up in these words, an ideal that sets Unitarian Universalism apart from other **Christian faiths, come from the words “roots hold me close, wings set me free.”** Having a free and responsible search for truth and meaning sets Unitarian Universalists apart from faiths and communities that require its members to follow guidelines or laws. But it also calls us into a place of responsibility, requiring action, exploration, discovery, and decision making. By accepting the desire to have freedom of choice in our religious community, we have taken on the responsibility of that freedom. What will you do with that freedom, what decisions will you come to, what will you discover and explore. Where will freedom take you?

**This month's theme is on Freedom.** We will be looking at the multi-faceted aspects of Freedom and how to engage these ideas within our lives.

Danielle Webber is the Unitarian Church of Calgary Student Minister. Email: [danielle@unitarianscalgary.org](mailto:danielle@unitarianscalgary.org)

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

*Viktor E. Frankl*

**Kudos** The community kitchen volunteers who cooked together to replenish the Casserole Ministry: Bev Webber, Danielle Webber, Maidie Couvillon, Donna Ontonio, Carol Blythe, Kevin Miller, Kenzie Love, Faye Giroux, Patti Stephen, Linda Brown and Carolyn Preston

Everyone who contributed their time and talent to the Panabaker Award dinner: cooks, set up people, clean up people, speakers, musicians and those who handled all the details for this event.

The Second Sunday Supper team Dean Kasner, Joan Brown, Bev Webber, Hedda Zahner, Linda Brown, and all the others offering helping hands (whether monthly or occasionally) for making the magic happen, you create community.

The people who prepared the charitable donation receipts

The Music Committee offers kudos to Bonnie Evans for the fabulous programs she has created for our 2014-2015 concerts and to Neil Morton and Judy Osborne for their dedicated work in ticket sales.

The Retreat Committee for organizing a fabulous weekend at Kamp Kiwanis: Bernie Amell, Kathryn Burwash, Dorothy Debiche, Sarah Knowling, Duff Bond, Bob McPherson, and Liz Webster.

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 placing it in the Kudos box on the Welcome Table in the Barker Room or emailing [Kudos@unitarianscalgary.org](mailto:Kudos@unitarianscalgary.org).

## Volunteer of the Month: John Backhouse

Your Board is recognizing John Backhouse for his years and years and years of commitment to our Church. He has been involved in so many aspects of the congregation, it's hard to name them all.

At present, John is very active with the Green Sanctuary, the Caring Team, and the recycling of our recyclables. In fact, it was John who got the Green Sanctuary program going after he learned of it by attending a Unitarian Universalist Association General Assembly (UUA GA). John frequently visits members and friends who may not be able to get to church. He has been virtually alone in dealing with the recycling in his efforts to make sure we are being Green.

On the Board for several years, John served as president and treasurer. He continues to be very interested in the democratic running of the congregation. He was one of a very few members with comments and suggestions regarding church governance when the call for input on this aspect of our congregation was made last fall.

John has volunteered many hours in the office and distributing the Quest. During our months of providing sanctuary to Mauricio he handled much of the volunteer work required.

As a church school facilitator John helped with children and youth, including taking teens to conferences at other congregations. He organized many church family camping weekends. He has worked for many years with the Child Haven organization, and still does to this day. It was John who started the tradition of a Child Haven dinner here in Calgary.

Denominational affairs has always been an interest of John's, and as such he has attended many CUC ACMs, often as a congregational delegate. Back in the UUA days, he attended many GAs and was a board member of the UUA Western District.

John served our church as a Lay Chaplain, officiating at many weddings and memorials.

Outside of the congregation John has always been an active cyclist. He was instrumental in getting the Calgary cycling path system built, and could often be seen arriving at church on his bicycle.

All of this done with a deep commitment to our faith and our congregation. Thank you so much, John, for your long-standing and ongoing support of our Church!

## Listening With Heart: Constructive Communication Skills for Building Healthy Community

With Joan Carolyne, CUC – Congregational Development

Saturday March 21st, 1:00 – 6:00 (Potluck Dinner to follow) Common Room, Prairie Sky Co-Housing

How do our UU Principles inform the way in which we interact with one another. Join us for an afternoon exploring positive communication strategies as we seek grow toward ever greater wellbeing within our UU communities.

## How's It Going, Where Are We Going

This is your opportunity for input and to practice the democratic process! In the next few weeks you will receive a survey from the Committee on Shared Ministry evaluating the current overall ministry of the congregation (How's It Going). That will be followed by feedback opportunities for the Strategic Planning Team (Where Are We Going) a questionnaire and then a Townhall Meeting April 12th before the Second Sunday Supper.



## Committees of the Month: Church Services and Lay Chaplaincy

This month we are highlighting the work of the Church Services Committee. The name says it all. In collaboration with the Ministerial team, the committee works to ensure that Sunday morning services meet the needs of the congregation. But that is only a part of its responsibilities. The committee works closely with the Music Director, supporting the musical component of the services, it provides guidance and direction for lay-led services, and is also responsible for the **maintenance of the church's sound system.**

The committee is actively looking for new members. If Sunday services are the focus of your life in the church, consider joining this small but mighty committee. Current members are, Hendrik Schaink, Chair, Penney Kome and Donna Ontonio. Bonnie Evans is Board Liaison. Ex officio members include the Ministerial team and the Music Director. Any one of them would be happy to answer any questions from prospective members and might even be persuaded to do a little happy dance should you choose to join.

Another committee being featured is the Lay Chaplaincy Committee.

Lay Chaplaincy is an important outreach program of our church. It provides quality rites of passage (weddings, funerals and memorial services, as well as child dedication services) in a manner consistent with the CUC-endorsed Principles and Sources for members of the public and for members of CUC congregations in situations where a minister is not available.

The program also serves the following secondary purposes:

- to promote or showcase Unitarian and Unitarian Universalist values;
- to assist non-Unitarians in connecting with our Unitarian and Unitarian Universalist congregations; and
- to enhance the spiritual growth and development of lay chaplains.

*(See Lay Chaplaincy Program Manual, revised 2010)*

The Lay Chaplaincy Committee oversees this program, attending to feedback from our lay chaplains and offering them support. It meets about four times per year. Its task this year will be to seek out replacements for our lay chaplains when their terms expire. Anyone interested in training to become a future lay chaplain is requested to contact

[laychaplains@unitarianscalgary.org](mailto:laychaplains@unitarianscalgary.org).



Carl Svoboda - 2014 Panabaker Award Recipient

## Coming together for Caring



On February 5, ten individuals came together to bond over making food for our Casserole Ministry. After enjoying a meal of baked macaroni, meatballs with rice & mushroom sauce, (vegetarian options were also made) two soups and a bread pudding dessert, we packaged up the leftovers. The majority of the food went into the freezer in the Panabaker kitchen.

So if you are planning on doing a home visit with one of our members, perhaps think about taking a meal or two with you. Maybe you are having a rough day and need some comfort food yourself. Or you might know someone among us that is in need of a hot meal. Just find someone from the Caring Team and they will help you. These meals have also been used by people coming in from the community.

Ryan, our administrator, has given meals out to people who have access to microwaves or stoves. They have also been known to warm up one or two for those who are in need.

Thank you to Bev, Carol, Carolyn, Danielle, Donna, Fay, Kenzie, Kevin, Maidie, and Patti for all their help with the Community Kitchen. Watch for details when we will get together again to make food for the Casserole Ministry.

*Caring Team* at [caring@unitarianscalgary.org](mailto:caring@unitarianscalgary.org)

### Prayer Shawls Needed

Caring team is in need of more shawls in their stash. We have recently given several away and would like to replenish our stash.

The Prayer Shawl “program” was started a few years ago by the Caring Team. Getting a Prayer Shawl, or as I like to call it a Comfort Shawl, is like getting a warm hug from the Church community.

Wonderful knitters and crocheters in our community make these shawls. Caring provides the yarn, patterns and all we ask of you is to make them with love, understanding, and caring in each stitch.

If this is something that you can help us with please send an email to [caring@unitarians.org](mailto:caring@unitarians.org), or ask Mary-Anna Louise Kovar, Danielle Webber, or Bev Webber.

*For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.*

*Nelson Mandela*

## The Compassion Exchange: Connecting Our Careers

In January, we launched the Compassion Exchange at Unitarian Church of Calgary. This is a new initiative designed to revitalize the formal system of caring within our congregation by connecting those able to provide services to those who need them in times of need. So far, the program has been a rousing success. Forty-four people have signed up to be Gifters, an astounding number!

**Why are people signing up for the Compassion Exchange? I'm heartened as I talk to people to hear about how much they love being able to give back to the church community and connect with members they might not otherwise have been able to connect with. The Compassion Exchange is about more than just caring. It's about community building and forming the bonds that create Beloved Community. Together, we build the world we dream of, one wish at a time.**

If you have a wish, the Compassion Exchange is here to help! Our bank of Gifters is divided into six categories, and you may make as many wishes as needed to fulfill your needs. To learn more about these six categories, please visit the web site at <http://unitarianscalgary.org/compassion-exchange/>.

Thanks so much for your willingness to embrace the new model and for the willingness of all the Gifters!

## Upbeat News

by Jane Perry, UCC music director

As the outdoor temperatures begin to heat up, so too does **the activity in our Music Program!** Don't miss these opportunities to hear some great music, and also to get involved.

Multigenerational Choir returns in March for its third and final installment of the 2014-2015 church year. This is a choir for singers of all ages and all stages, where everyone gets to sing the tune! We'll be learning a tune from a children's album created by the storied Sweet Honey In The Rock. Join us for rehearsals in Panabaker Hall from 9:30 a.m. to 10 a.m. on the mornings of Sunday, March 1, 8, and 15 --- we will give you a warm welcome!

A Choral Bouquet! Saturday, March 14 at 7:30 p.m. in Panabaker Hall. UUphonia hosts guest choirs Vocal Latitudes (a world music choir) and Cantares (Calgary's Venezuelan-Canadian choir) for a lively evening of choral music. The evening will culminate with all of the choristers participating in a massed choir --- over 100 voices altogether! Advance tickets are available on Sunday, March 8 at coffee hour and at the door on concert night: \$20 regular, \$15 senior/student, or pay what you can. Free admission for those age 18 and under.

And coming up later this spring...

Jazz With Jane! Friday, April 10 at 7:30 p.m. in Panabaker Hall. Pianist Jane Perry welcomes a host of musical friends for an eclectic evening of jazz and more. Guests include saxophonist Frank Rackow, bassist Cora Castle, the Sapphire Jazz Trio, the BarberEllas, and Calgary Renaissance Singers &

Players. Cash bar and refreshment stand. Tickets: \$20 regular, \$15 senior/student, or pay what you can. Free admission for those age 18 and under.

Cabaret! UUphonia presents its annual spring show, this year entitled "All That Jazz." Friday, May 8 at 7 p.m. and Saturday, May 9 at 7 p.m. in Panabaker Hall. Advance tickets will be available starting on Easter Sunday: \$20 regular, \$15 senior/student, or pay what you can. Free admission for those age 18 and under. We will also be looking for volunteers to help on concert nights as ticket sellers and food vendors. Volunteers get free admission to the show on the night on which they volunteer. If you can help, please contact Music Director Jane Perry at [jane@unitarianscalgary.org](mailto:jane@unitarianscalgary.org)

Music Committee seeks concert volunteers! If you enjoy the musical offerings at our church and have some time and energy to volunteer occasionally at concerts, the Music Committee wants to hear from you! We need poster designers, concert-night ticket sellers, house managers, stage managers, reception crew members, and more. To volunteer, please contact committee chair Jamie Davison at [davisonj3@sympatico.ca](mailto:davisonj3@sympatico.ca).

## How to Reach UCC Staff

Minister

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403-230-8938 (office)

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Youth Program Coordinator

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Music Director

Jane Perry ([music@unitarianscalgary.org](mailto:music@unitarianscalgary.org))

Administrator

Ryan Peters

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Monday through Friday: 9 a.m. - noon

## 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/](http://www.unitarianscalgary.org/newsletter/).

Submissions of articles, photographs, and event announcements are encouraged. If you have any questions about the Quest, please contact the editor, Rebekah Mobley-KaSr.er, 403-284-0346 or by email, [quest@unitarianscalgary.org](mailto:quest@unitarianscalgary.org).

Future Quest Deadlines:

*The Quest Deadline is the Third Sunday of every month except for July.*

ENEWS

The ENEWS is normally published via email once a week on Wednesday mornings. Material for the ENEWS should be submitted by the previous evening. If you would like to receive the ENEWS, please email

[enews@unitarianscalgary.org](mailto: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](mailto:office@unitarianscalgary.org)

## Lay Chaplains: Carl Svoboda and Kathryn Burwash

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 chaplains can be contacted by calling the church at 403-276-2436 or via email, [laychaplains@unitarianscalgary.org](mailto: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](mailto:caring@unitarianscalgary.org)

## Calling all writers!

Have a poem you want to see in print? Have a story tale to share? Have a Unitarian Universalist fact that we need to know? The Quest is accepting short pieces of original writing. Please send 75 to 100 word submissions to [quest@unitarianscalgary.org](mailto:quest@unitarianscalgary.org). Your work will be featured in upcoming issues of the Quest where space permits.

To learn more about the Unitarian Church of Calgary, use our QR Code.

