

The Quest

March 2017 Services: Simplicity

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*Martin Settle is Executive Director of USC Canada, Canada's oldest independent international assistance organization and a global leader in seed conservation. Passionate about global justice, Martin approaches the critical work of enhancing biodiversity as both an end and a gateway to transforming relationships, lives, and communities. He brings to you stories and firsthand experience of USC Canada's "Seeds of Survival" program in Ethiopia, Burkina Faso, Mali, Timor Leste, Bangladesh, and Canada.

- March 5th - Simple Things Spirit Jam** Spirit Jams are multigenerational services that include time together and the opportunity to explore the theme in four different break-out groups for part of the morning. These include:
Simple Song Circle with Greg O'Neill;
Simple Science with Shannon Mang;
Simplify Spaces with Bernie Amell; Simple Prayer Flags with Youth
Service Leader: Rev Debra Faulk
Music: Jane Perry, Music Director

March 19th - Rhythm of Simple Living

Acknowledging the impact of high-consumption, materialistic lifestyles on the planet we strive to live simply, in rhythm with the earth. The affirmation of simplicity arises from the recognition that abundance is a state of mind. Renowned composer/musician Brian Tate will add musical rhythms to the morning.
Presenter: Rev Debra Faulk with special musical guest Brian Tate
Service Leader: Mary Anna Louise Kovar
Music: Jane Perry, Music Director

March 12th - Simply Seeds: Seeds of Revival

Seven decades after USC Canada was born as the Unitarian Services Committee, our Seeds of Survival program is giving communities in Canada and around the world a renewed sense of possibility and independence. Protecting seeds and farmers' rights yields much more than good food: it also sows a brighter future for farming families and for our planet. We share with you — our earliest and strongest supporters — our stories of change and hope.

Presenter: Martin Settle*
Service Leader: Rev Debra Faulk
Music: Jane Perry, Music Director with UUphonia and Chor Vida

March 26th -Simple Giving: Giving 4 Good

It is no simple thing to give of our time and resources and yet it is one of the simplest ways that we can enact our values. A couple of quotes to prime the pump: "We make a living by what we get, but we make a life by what we give." - Winston Churchill
Presenter: Rev Debra Faulk
Service Leader: Brian Dorsch
Music: Jane Perry & UUphonia

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

Debra's Deliberations

There is Chinese adage that says 'may you live in interesting times' – well I would say these are interesting times. They're interesting because it seems that the shadow of humanity is coming into clearer view. This is required for it to be addressed. It also feels like there is some sort of paradigm shift happening. People are coming together shoulder to shoulder, face to face, to find the places of shared agreement, places where we can work together for the common good.



People are coming together and much of it is in protest. A post I read from Jack Gaede of the Minnesota UU Social Justice Alliance lifted up a quote from Wendell Berry: "Much protest is naive; it expects quick, visible improvement and despairs and gives up when such improvement does not come. Protesters who hold out longer have perhaps understood that success is not the proper goal...Protest that endures, I think, is moved by a hope far more modest than that of public success: namely, the hope of preserving qualities in one's own heart and spirit that would be destroyed by acquiescence."

Maintaining our integrity, and our spirit, to not acquiesce is the call. This is a time when we are being asked what it is to be a citizen, to step up as citizen of the world. The word political comes from the Greek word "polis", which means "city", the public square. The polis has three sectors of power – the market, government and civil. When these elements are in balance then democracy works. They are out of balance currently with the shadow of the market, greed, running amok. People are organizing, are coming together all around the world to say that the ways of greed are no longer how we want to live. [If you would like to engage this power imbalance and organizing as a response consider participating in the Leadership for Public Life Community Organizing Workshop, Wednesday, March 8th offered by the Metro Alliance for the Common Good, UCC is a member so the fee is waived – see poster in Wickenden].

As we move from the theme of Love and Justice to Simplicity it feels like such a natural flow. To recognize our own agency in transforming systems that no longer work for the greater good and that one of the most concrete ways we can be agents of that transformation is living simply so everyone can simply live.

I close with a quote and a rest in peace to Stuart McLean:

It is not said enough, so I'll say it again: the world is a good place full of good people and when we act out of that, when we act out of hope and optimism, and faith in our fellow humans, we act out of our best selves, and we are capable of doing great things, and of contributing to the greater good.

Hope and optimism are not synonymous with naïveté. We should be looking to the future with flinty and steely eyes, for sure, but they should be wide open with hope, not squinting in fear.

Namaste, Debra

Introduction to Unitarian Universalism

Do you have questions about our faith and history? Come to an interactive workshop and explore your aspirations for spiritual growth and opportunity for community connection and social justice opportunities. Choosing a new church community that "fits" you and your family is a very important decision. Will the Unitarian Church of Calgary meet the needs of you and your family?

Time & Date: Saturday, March 11, 9:30 am – 12:45 pm (lunch provided)

Babysitting available - please let us know if you require babysitting . Register at membership@unitarianscalgary.org

Debra's Hours

Office Hours:

Wednesday 10am – 6p.m.

Thursday: 9a.m. – 5p.m.

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

Other times please book an appointment.

(403) 702-6486

Shavings from the Board

As you will read elsewhere in this month's Quest, in March we conduct our annual Stewardship campaign. Almost 70% of our congregation's income comes from pledged donations – the rest is from rentals, returns from our Endowment Trust Fund, and donations from people who have not pledged.

We are happy to receive income whether it's pledged or not, but it is very helpful to receive pledges as we can only be confident of that income when we are making up our budget for the coming year.

So please think of what this congregation means to you – for your own well-being and for that of others who need a beacon of sanity in these difficult times – and pledge generously when the time comes.

You'll be Giving For Good.

As many of you know, each May there is an Annual General Meeting of the Canadian Unitarian Council, of which our congregation is a member. Given our size, we are entitled to four delegates to the meeting. In an interesting departure from past meetings, this May's meeting will be largely conducted online – in-person attendance is not necessary.

Delegates will need to spend a few hours prior to the meeting becoming familiar with the items to be discussed, and then spend most of the day online at the meeting. Details are online here:

<http://tinyurl.com/zjmsh78>.

Please contact president@unitarianscalgary.org if you are interested in learning about this way to serve your congregation and Canadian Unitarianism. -John "Mich" Michell, President of the Board of Trustees

March2016 Kudos!

This month we
recognize and thank:



Dick Wilson and the hard-working physical plant crew for their ongoing maintenance of our building.

Retreat organizers Duff Bond, Conrad Ayasse, Joan Riches, and Susan Drake.

Sarah Hooper who helps with Panabaker set up on Sundays and food prep for Second Sunday Suppers.

Tom Mirhady and the Springbank Trio for their stunning performance at February's An Afternoon of Chamber Music.

The Music Committee, event captain Judy Osborne and the cheerful team of concert-day volunteers for An Afternoon of Chamber Music.

Multigenerational Choir for their great glee in singing together.

Death cafe organizers Bev Webber and Carolyn Preston.

Tom Mirhady, Ann Kyle, Cathy Welburn and Joan Brown for being the Creativity Specialists who visited the children's Creativity Sunday program throughout January.

Lisa Hurrel for channeling Dr. Lotta Hitschmanova for a visit to the service and the children's program on February 12th.

Ruby Gaudet for writing the Stone Soup play and all of the children who brought it to life for the Time For All Ages on February 19th.

Simon Dunn and Sabrina del Ben for facilitating the making of the Stone Soup Lunch, all of the children who helped with the set up, serve and clean up, and everyone who contributed to the Stone Soup itself on February 26th.

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.

Soupy Sunday hosts Liz Blackstock, Heather Walker, and all the soup creators.

♪♪ UpBeat News with Jane Perry ♪

Brian Tate Choral Workshop at the Unitarian Church of Calgary! Saturday, March 18 from 9:30am to 4:00pm in Panabaker Hall. The acclaimed Vancouver-based composer, conductor and jazz vocalist Brian Tate will be leading a choral workshop our church on Saturday, March 18 for a group of up to 100 participants. The workshop is co-sponsored by UUphonia and Vocal Latitudes. Brian plans to teach the workshop singers four or five of his brand-new gospel and world-music pieces, and all by rote — which means you don't have to be able to read music to participate in this workshop! The per-participant workshop fee is \$60, which includes Saturday lunch by EthniCity Catering and coffee breaks, as well as participation in the Sunday, March 19 concert at Scarboro United Church (2:30pm), at which Brian will lead the Workshop Choir as the grand finale to a series of performances by UUphonia, Vocal Latitudes, and One Voice Chorus. From Thursday, March 2 through Friday, March 10, you can register online for this workshop at www.brownpapertickets.com Information: Music Director Jane Perry at jane@unitarianscalgary.org



at

Brian Tate Choral Concert! Sunday, March 19 at 2:30pm at Scarboro United Church (134 Scarboro Avenue SW.) Tickets: \$10 general admission. Come and hear what UUphonia and friends got up to the previous day with clinician Brian Tate!

Rhapsody In Blue. Saturday, March 25 from 6:30pm to 8:30pm in Wickenden Hall. Ticket sales have been brisk for this stylish cocktail party, so make sure you get yours soon! Step into a 1930s New York speakeasy, complete with gangsters, dames, mouth-watering food, and alcoholic beverages served in china teacups (it's the Prohibition Era, after all!) Chefs Joan Brown and Bev Webber are preparing appetizers to dazzle your taste buds. Our cash bar is the place to go for signature cocktails and more. Bring your dancing shoes and enjoy live music from the five-piece swing band Jazz On The Side, led by pianist Jane Perry. Wear your best 1930s threads and participate in our costume contest! Tickets are available at Sunday coffee hour through Sunday, March 12 or online by e-mailing tickets4uccmusic@gmail.com. Early-bird rate until March 1st!

Cabaret 2017! Friday, April 28 at 7:00pm and Saturday, April 29 at 7:00pm in Panabaker Hall. UUphonia presents its annual musical revue, this year with the hotly-anticipated theme "Goofy Greats and Comedy Classics!" Be ready to belly-laugh and sing along as our Thursday-night church choir presents the songs that make us all grin, giggle and guffaw. Cash bar and refreshment stand. Child care available. Tickets go on sale at Sunday coffee hour beginning on Sunday, April 2. Come to the Cabaret!

Resident choirs in concert!

One Voice Chorus presents "March Forth! A Dinner Party" on Saturday, March 4 at 6:00pm in Wickenden Hall. Chef Janey Bevan presents a cooking demonstration on how to make fresh pasta, followed by a full Italian dinner by Janey and her sous-chefs with wine pairings by sommelier John Beckel. Italian-inspired musical entertainment from accordionist Penny Sanborn, Calgary Renaissance Singers & Players, operatic soprano Anna Casurella, and One Voice Chorus. Cash bar. Tickets (available through www.onevoicechorus.ca) are \$30.

Calgary Renaissance Singers & Players

*Wednesday, March 15 at 7:15pm at Knox United Church (506 4 Street SW): CRSP performs at Choral Fest South.

*Saturday, March 18 at 7:30pm at Parkdale United Church (2919 8 Avenue NW): CRSP is one of many Calgary ensembles lending their talents to this fundraising event for Musicians Without Borders, a group that sends specially-trained musicians to work with children in refugee camps internationally. Other performers include jazz vocalist Deanne Matley, Foothills Brass, and operatic soprano Anna Casurella. Tickets (available through www.eventbrite.ca): \$25 regular, \$18 senior/student.



On Jan. 29, Creativity Specialist Joan Brown facilitated a group painting inspired by listening to Rhapsody in Blue.

The two beautiful panels that the children created will be a part of the Rhapsody in Blue Party on March 25.

Love and Justice through February:

On Feb. 5 Heather Walker introduced the theme of Love and Justice with a story about a heartless king who didn't care about the suffering of his people until a dog came to his palace and barked and barked until the king helped the people stop suffering.

Dr. Lotta Hitschmanova visited the worship service and the children on Feb. 12 to talk about her life and the important work of the *Unitarian Service Committee*. Important links were made between Dr. Lotta's story of

being a refugee refused entrance to the United States, but made welcome in Canada. The children began to re-write the Stone Soup story. The ideas were taken by Ruby Gaudet, and with the help of Maddie Dunn and both of their families the story of Stone Soup was brought to life on Feb. 19. The congregation was invited to bring items for our own Stone Soup Sunday on Feb. 26.



Secret Buddies 2017

Famous Unitarian Universalists:

Margaret Fuller: 1810-1850 Mother of the Feminist Movement

Edvard Grieg: 1843-1907 Norwegian Composer

Frances Harper: 1825-1911 African American Suffrage pioneer

Lewis Latimer: 1848-1948 Inventor

Dorothy Livesay: 1909-1996 Canadian Poet

Joseph Priestly: 1733-1804 Theologian and Scientist

Eliza Anne McIntosh Reid: 1841-1926 Canadian Activist to open higher education for women

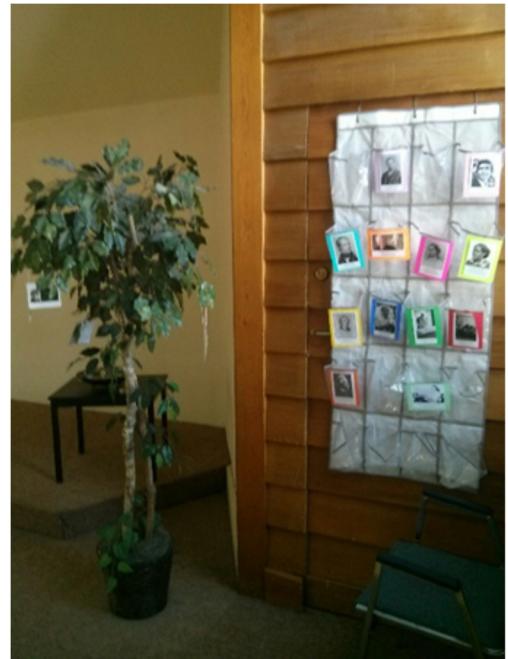
Rod Serling: 1924-1975 American Screenwriter, playwright and television producer

Samantha Smith: 1972-1985 American schoolgirl and peace activist

Joseph Tuckerman: 1778-1840 Father of American Social Work

Frank Lloyd Wright: 1867-1959 American Architect

Bill Wuttunee: Cree Activist and Visionary... and member of the Unitarian Church of Calgary



GIVING FOR GOOD

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

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

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



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

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

UU Pub Night Every First Wednesday March 1st, 7pm-9:30pm

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

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

7pm March 1st / March 1st, Lower Level Getto Boys 720 16th Ave NW.

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

with Ronnie Joy Leah, Sunday afternoons, 2-4:30 pm, Wickenden Hall 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. 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. Ronnie Joy is a teacher of Sacred Circle Dance and she is being mentored in the Dances of Universal Peace.

Support UCC By Purchasing Co-Op Gift Cards

The church receives:

4% of gift card orders totaling less than \$500

6% of gift card orders totaling \$5000 - \$9999

9% of gift card orders totaling \$10,000 or more.

These can be used either as gifts or for your own purchases of groceries, gas or liquor at Co-op grocery and liquor store!

Gift card orders - Sunday, March 5, 2017

Gift card pickup - Sunday, March 12, 2017

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

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

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



What Does It Mean To Engage Simplicity?

Any intelligent fool can make things bigger, more complex, and more violent.

*It takes a touch of genius – and a lot of courage – to move
in the opposite direction. — E. F. Schumacher*

Courage. It's not your typical place to begin. Maybe that's good. It reminds us of what we already know and too often forget: there is nothing simple about simplicity.

Indeed, to talk of simplicity requiring courage reminds us that the work of this month is not just about reduction, it is also about confrontation. Yes, editing our To Do Lists and eliminating clutter from our lives is part of it, the deeper challenge involves rejecting our culture's values and attributions of worth. To be a people of simplicity is not just about saying yes to sunsets, walks in the woods and more dinners with those we love. It's also about saying no to status and society's affirmation. And that most certainly requires bravery.

And not just bravery, but honesty too. It's not just society that celebrates status, stuff and overscheduled lives; we cling to them as well. The busyness of our lives is not just overwhelming; it's also seductive. Overscheduled lives don't just tip us over; they tempt us. They promise us power, affirmation and proof that we are of more worth than the one standing next to us. There is a reason we go on and on about how busy we are. We aren't just complaining; we're bragging. To be busy is to have made it. To be over-committed is to be wanted and needed. No wonder we have such a hard time giving it all up.

And why is this frame important? Why dwell on how addictive and seductive this crazy game of chaotic living is? Well, because it reminds us that simplicity is not a single-player game. We forget this, you know. We make the work of simplifying our lives all about our own will-power. We treat our cluttered houses and full calendars like our problem and challenge alone. And then we beat ourselves up for being as materialist and status-driven as everyone else.

The fact is no one stands outside of the status quo by themselves. No one can reject and confront a community of broken values without the promise and support of an alternative community that celebrates a different equation of "worthy living." That courage and genius of which Schumacher speaks: it's just not something any of us can pull off on our own.

That may be the most important and kindest message of this month. May we help each other remember it.

Future themes: April ~ Resistance May ~ Compassion

Please send any thoughts, resources or suggestions to tlc@unitarianscalgary

This packet draws, with deep appreciation, on the Soul Matters Sharing Circle materials. Gratitude as well to the CUC Truth Healing and Reconciliation Team for Canadian Indigenous/Non-Indigenous content and others who have contributed resources.



Our Spiritual Exercises

Option A:

When Life Was Simple

This exercise invites you challenge your present with your past. We all remember a time when “life was simpler.” These are fond memories but also come with a sense of mourning. A part of us wishes we could return to the feeling of that time, but the biggest part of ourselves “knows” that’s not realistic. Maybe it’s time to take a second look. Here are your instructions:

Bring the memory back to life: Find a way to return to that time in your life when life was simpler and more nourishing. Journal about it, share the story with a friend, make it a part of your meditative practice.

Work with the memory: Spend time focusing on what was most nourishing or precious about it. Figure out why the memory anchors you or keeps coming back. Note what gift it gave you at the time and the impact on that gift being absent from your present circumstances. Again, do this reflective work using the form you are most comfortable with: journaling, conversation with a friend, personal meditation, etc.

Let it challenge you: Ask yourself “Why can’t it be this way again?” Play devil’s advocate with yourself. Challenge yourself justifications about why life just can’t be that simple now? Ask yourself if the barriers are really immovable and push yourself to consider how they might actually be self-imposed or more in control than you want to admit. You may not be able to return to the circumstances of that previous time, but what about reclaiming the feeling and the freedom it offered you.

Come to your group ready to share what going through the exercise was like for you and what you learned.

Option B:

De-Clutter Your Decision Life!

Simplicity is not just about materialism. For many, the most oppressive clutter is not the stuff packed into our physical space but the millions of decisions we have to make each day. Psychologists have even given this struggle a name: “Decision Fatigue”:

<http://www.nytimes.com/2011/08/21/magazine/do-you-suffer-from-decision-fatigue.html>

<http://www.businessinsider.com/decision-fatigue-and-productive-mornings-2015-4>

They see willpower functioning like a muscle that can get quickly exhausted. Too many decisions, they show, quickly weaken our ability to think clearly, and even be kind. Spending too much will power on the inconsequential stuff ends up damaging our ability to address the important decisions of our lives. For this reason, many people - including President Obama and Mark Zuckerberg - are now simplifying their “decision life” by routinizing basic daily activities, for instance wearing the same outfit or eating the same breakfast or lunch: <http://www.businessinsider.com/barack-obama-mark-zuckerberg-wear-the-same-outfit-2015-4>

<http://www.becomingminimalist.com/wear-one/>

So, if it is good enough for President Obama, why not you? Your Assignment: **Simply pick a daily routine and take the decision out of it.** For one week at least, wear the same basic outfit or part of the same outfit, eat the same breakfast or pack the same lunch. You get the drift. **Find some way of your own to de-clutter your decision life!**



Reflections

Option C:

Room for What's Inside You

This exercise is inspired by a quote:

I think you should learn, of course, and some days you must learn a great deal. But you should also have days when you allow what is already in you to swell up inside of you until it touches everything. And you can feel it inside you. If you never take time out to let that happen, then you just accumulate facts, and they begin to rattle around inside of you. You can make noise with them, but never really feel anything with them. — Elaine Konigsburg

This quote reminds us that simplicity is not just about pruning the world outside of us, but also about making space for the world inside us. The real tragedy of busy lives is often not about being overwhelmed by outside voices, but being cut off from our inner voice. Simplicity in this sense is less about clearing away the trivial and more about making room for the divine to speak. So here's your assignment: **Make time to listen. It is as simple as that.** As Konigsburg puts it, "allow what is already in you to swell up." There are a myriad of ways to make space: meditation, walking in the woods, turning off the radio on your way to work. The goal is to have the experience of simplifying your schedule and your listening enough to fit the experience that Konigsburg describes in her quote. Come to your group ready to explain how you pulled that off, and what you heard.

Option D:

Before I Die....

For some this may be too trite. For others it may be too tender and close. But the exercise of reflecting on what you want to do before your die or what you might do if you had only one to two years to live is a core spiritual practice for all religious traditions. It is the ultimate simplifying and clarify exercise. In fact, recently, it has caught the imagination of people from around the world in the form of giant chalkboards where people are invited to complete the sentence, "Before I die I want to..."

<http://beforeidie.cc/site/blog/category/walls/>

<http://beforeidie.cc/site/about/>

https://www.ted.com/talks/candy_chang_before_i_die_i_want_to?language=en

You do not need a giant chalkboard installation to achieve the same clarifying experience. Your Assignment: **Complete the sentence for yourself.** Spend time thinking about it. Talk with friends. Make it the core question of your meditative practice for the month. The challenge will be to pick just one thing. The gift will come if you actually commit to doing it and living out the sentence sooner than later!

Option E

Reconciliation: Simple Acts

The road to reconciliation is far from simple and yet each day there are simple steps we can do to reflect on the importance of reconciliation. In this clip, Cecil Sveinson talks about the simple act of braiding the hair of another and the importance it holds in Indigenous communities.

<http://www.cbc.ca/player/play/874537539633>

After watching the clip, spend time each day as you do your own hair reflecting on your intention for the day. What teachings does your hair or hair ritual have to offer? Or - What can you learn from your personal morning ritual?



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. Are you trying to simplify all on your own? It takes a village to raise a child. Same thing goes for a simplified life. Busyness and complexity are too big for what for one person to handle by themselves. Who might be your teammates? Why haven't you asked them to help?
2. What about your children? Have you allowed your child's/children's life/lives to become too complex? Are you and your hopes for them a source of simplicity or a burden?
3. Are your judgements about others too complex? Sometimes the simplest judgment is to assume good intentions. Are you reading too much into things?
4. Do you surround yourself with people of simplicity? If not, do you understand why?
5. Does simplicity mean something entirely different for you? We all relate to it in a different way. Our need for it differs from person to person. Are you feeling that room is not being made for your way?
6. Have you already done it? All of our lives include existing simplicity strategies. Maybe your challenge is to notice what already exists and double down.
7. Who is doing it right? Have you told them you admire them? Don't assume they don't need the validation.
8. What do wish you could say "no" to in your life? Why haven't you? What would happen if you did?
9. Has one of your treasures become a burden? Is it time to let go?
10. What's your question? Your question may not be listed above. As always, if the above questions don't include what the theme is asking from you, spend the month listening to your days to hear it.



Recommended Resources:

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

Simplicity

Definition: freedom from complexity; absence of complication, luxury, pretentiousness, or ornament

Synonyms: plainness; clarity; modesty; restraint; ease; clearness

Wise Words

Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius – and a lot of courage – to move in the opposite direction. — **E. F. Schumacher**

Simple things are always the most difficult. In actual life it requires the greatest art to be simple, and so acceptance of one's self is the essence of the moral problem and the acid test on one's whole outlook on life. — **Carl Jung**

Our lives are often filled with a million things to do and consume that distract us from simple living. When I pay attention and become mindful, I marvel at the simple things in life that I once passed over. Consuming less and living simply are the true conditions of happiness. — **Barbara Ann Kipfer in 201 Little Buddhist Reminders**

I do believe in simplicity. It is astonishing as well as sad, how many trivial affairs even the wisest thinks he must attend to in a day; how singular an affair he thinks he must omit. When the mathematician would solve a difficult problem, he first frees the equation of all incumbrances, and reduces it to its simplest terms. So simplify the problem of life, distinguish the necessary and the real. Probe the earth to see where your main roots run. — **Henry David Thoreau**

Simplicity means not only letting go of attachments to material goods, but also to beliefs and judgments about others, and of how I think the world should be. — **Brad Ogilie, from**

<http://tinyurl.com/zljdnu>

It is easy to be heavy; hard to be light. — **G. K. Chesterton**

Simplicity boils down to two steps: Identify the essential. Eliminate the rest. — **Leo Babauta**

A door opens in the center of our being and we seem to fall through it into immense depths which, although they are infinite, are all accessible to us; all eternity seems to have become ours in this one placid and breathless contact. God touches us with a touch that is emptiness and empties us. God moves us with a simplicity that simplifies us. — **Thomas Merton**

I find my thoughts, increasingly, not on the supernatural or spiritual, but on what is meant by living a good and worthwhile life—achieving a sense of peace within oneself, I find my thoughts drifting to the Sabbath, the day of rest, the seventh day of the week, the seventh day of one's life as well, when one can feel that one's work is done, and one may, in good conscience, rest. — **Oliver Sacks**

I have just three things to teach:
simplicity, patience, compassion.

These three are your greatest treasures.

Simple in actions and in thoughts,
you return to the source of being.
Patient with both friends and enemies,
you accord with the way things are.
Compassionate toward yourself,
you reconcile all beings in the world.

— **Lao-Tzu**



I heard an elder speak of the importance of our languages and our culture. He said that our words are powerful; our stories are elastic; our languages are music: they dance, they move and they are medicine for our people. He said they are a spirit within themselves and we are only the channel that brings them to life. I write because I know what he said is true. **Nicola I. Campbell, children's author**

Simplicity is about subtracting the obvious, and adding the meaningful. — **John Maeda**

Our life is frittered away by detail. An honest man has hardly need to count more than his ten fingers, or in extreme cases he may add his ten toes, and lump the rest. Simplicity, simplicity, simplicity! I say, let your affairs be as two or three, and not a hundred or a thousand; instead of a million count half a dozen, and keep your accounts on your thumb nail. In the midst of this chopping sea of civilized life, such are the clouds and storms and quicksands and thousand-and-one items to be allowed for, that a man has to live, if he would not founder and go to the bottom and not make his port at all, by dead reckoning, and he must be a great calculator indeed who succeeds. Simplify, simplify. — **Henry David Thoreau**

from Credo

I am not in love with holidays,
birthdays—nothing special—
and weekends are just days
numbered six and seven,
though my love
dozing over TV golf
while I work the Sunday puzzle
might be all I need of life
and all I ask of heaven.

— **Donna Hilbert**

full poem here: <http://tinyurl.com/jmasb36>

A Quiet Life

What a person desires in life
is a properly boiled egg.

This isn't as easy as it seems.
There must be gas and a stove,
the gas requires pipelines, mastodon drills,
banks that dispense the lozenge of capital.
There must be a pot, the product of mines
and furnaces and factories,
of dim early mornings and night-owl shifts,
of women in kerchiefs and men with
sweat-soaked hair.

— **Baron Wormser**

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

My Hero

Just as the hare is zipping across the finish line,
the tortoise has stopped once again
by the roadside,
this time to stick out his neck
and nibble a bit of sweet grass,
unlike the previous time
when he was distracted
by a bee humming in the heart of a wildflower.

— **Billy Collins**

full poem here: <http://tinyurl.com/jmasb36>

from Sabbaths 1999, VII

.... What more did I
think I wanted? Here is
what has always been.
Here is what will always
be. Even in me,
the Maker of all this
returns in rest, even
to the slightest of His works,
a yellow leaf slowly
falling, and is pleased. — **Wendell Berry**

full poem here: <http://tinyurl.com/zh46oxz>



Videos & Podcasts

“Less Stuff, More Happiness” (TED Talk)

Writer and designer Graham Hill asks: Can having less stuff, in less room, lead to more happiness? He makes the case for taking up less space, and lays out three rules for editing your life. <http://tinyurl.com/nqz3vys>

“Towards a Science of Simplicity” (TED Talk)

Simplicity: We know it when we see it — but what is it, exactly? In this funny, philosophical talk, George Whitesides chisels out an answer.

<http://tinyurl.com/m2e2d6v>

“The Art of Stillness” (TED Talk)

The place that travel writer Pico Iyer would most like to go? Nowhere. In a counterintuitive and lyrical meditation, Iyer takes a look at the incredible insight that comes with taking time for stillness. In our world of constant movement and distraction, he teases out strategies we all can use to take back a few minutes out of every day, or a few days out of every season. It's the talk for anyone who feels overwhelmed by the demands for our world.

<http://tinyurl.com/lonrc5m>

“Repossessing Virtue: Marie Howe on Greater Simplicity and Laura Ingalls Wilder” by Trent Gillis for On Being

<http://tinyurl.com/zzavh5w>

“Living the Questions: What is Enough?” podcast with

Caroline Howe, environmentalist and entrepreneur

<http://tinyurl.com/hru5qag>

“Living the Questions: How Can I Live More Simply?”

podcast with Zach Kerzee, a Methodist minister, bread-baker and part-time farmer. He's a recent grad of Harvard Divinity School and the founder of Simple Church, a church without a building that meets for dinner every Thursday. His central spiritual practice is simplicity.

<http://tinyurl.com/j9o7hsr>

Embodied Simplicity

<http://tinyurl.com/j9o7hsr>

Articles & Online

“Simplicity on the Other Side of Complexity” by Parker Palmer, including a poem by Mary Oliver

<http://tinyurl.com/pvrck2t>

Something to make you smile

<http://tinyurl.com/js6jvf7>

People reflect on the question, *What does the simple life mean to you?*

<http://tinyurl.com/c7lnp23>

Website with reflections and resources on simple living

www.simpleliving.org

The 7 Reasons That Science Says You Should Pay For Experience, Not Things <http://tinyurl.com/nowfbe7>

The Spirit of Sauntering: Thoreau on the Art of Walking

“I am alarmed when it happens that I have walked a mile into the woods bodily, without getting there in spirit. In my afternoon walk I would fain forget all my morning occupations and my obligations to Society. But it sometimes happens that I cannot easily shake off the village. The thought of some work will run in my head and I am not where my body is — I am out of my senses. In my walks I would fain return to my senses. What business have I in the woods, if I am thinking of something out of the woods?”

<http://tinyurl.com/zar5b4o>

Voluntary Simplicity - Toward a Way of Life That Is Outwardly Simple, Inwardly Rich by Duane Elgin

Elgin illuminates the changes that an increasing number of Americans are making in their everyday lives — adjustments in day-to-day living that are an active, positive response to the complex dilemmas of our time. By embracing the tenets of voluntary simplicity — frugal consumption, ecological awareness, and personal growth — people can change their lives and, in the process, save our planet.

<http://tinyurl.com/jy7htl5>



The Evolution of Simplicity by David Brooks

[M]any of us are on a wireless hamster wheel, running furiously to keep the inbox in the same place. ... After a while there's an ache from all the scattered shallowness. So of course there's a mass movement to combat mental harriedness, the epidemic of A.D.D. all around. Of course there's a struggle to regain control of your own attention, to set priorities about what you will think about, to see fewer things but to see them more deeply."

<http://tinyurl.com/gokvvef>

Movies & Television

Into the Wild

The engrossing true-life drama of an idealistic young man who yearns to live alone in the Alaskan wilderness.

<http://tinyurl.com/gwm7dbz>

No Impact Man

"A bold and astonishing documentary about ... a radical idealist willing to put his ecological commitments to a test. He starts out with serious intentions, goes through some very funny unintended developments, and ends up with some surprising results for his whole family of their year-long project."

<http://tinyurl.com/gtab6fc>

Blackish (short clip from the television show)

The devastating simplicity and complexity when it comes to hope and racial justice

<http://tinyurl.com/j9o29u6>

Seeking God: The Way of the Monk at the Monastery of Christ in the Desert <http://tinyurl.com/zpmsskkz>

A fascinating look inside a community of Benedictine monks.

<http://tinyurl.com/z55egzn>

Songs

"Tis a Gift to Be Simple" ("Simple Gifts")

A song that invites humility and walking gently upon the earth as a spiritual practice. <https://www.youtube.com/watch?v=kWTDgc96bg8>

"Simplicity" by Bob Seger <http://tinyurl.com/h2bdujr>

"Give Me the Simple Life" by Ella Fitzgerald <http://tinyurl.com/jhmqscr>

Books

Blush: A Mennonite Girl Meets a Glittering World by Shirley Showalter

"I promise: you will be transported,' says Bill Moyers of this memoir. Part Mennonite in a Little Black Dress, part Growing Up Amish, and part Little House on the Prairie, this book evokes a lost time, in Lancaster County, Pennsylvania, when a sheltered little girl named after Shirley Temple entered a family and church caught up in the midst of the cultural changes of the 1950's and '60's. With gentle humor and clear-eyed affection the author, who grew up to become a college president, tells the story of her first encounters with the glittering world and her desire for fancy forbidden things she could see but not touch. <http://tinyurl.com/zgg4uel>

The Art of Racing in the Rain by Garth Stein

A heart-wrenching but deeply funny and ultimately uplifting story of family, love, loyalty, and hope, The Art of Racing in the Rain is a beautifully crafted and captivating look at the wonders and absurdities of human life...as only a dog could tell it.

<http://tinyurl.com/gnz7tas>

Everyday Simplicity: A Practical Guide to Spiritual Growth by Robert J. Wicks

Too often we long for a spiritual life, but dismiss it as impossible in a hectic world that hardly allows time to eat and sleep, much less to nourish and replenish our souls. But Robert J. Wicks says we all have the path to spirituality within us, if only we would follow it.

<http://tinyurl.com/jrf8w7n>

List of books for children and families about simplicity:

<http://tinyurl.com/zbvqzye>

Opportunities for Unitarian Camping

If you're interested in staying at a UU camp sometime in the next year or two, here's a little information to help in your planning.

Kootenay Wilderness Camp You may not be aware that there is a Unitarian wilderness camp in southern BC, on Kootenay Lake. It's accessible only by boat: you phone ahead and they come to ferry you across, with all your camping equipment. There is a camp director, there are established campsites laid out, and there are some group activities. Pets are not permitted. Beyond that, just enjoy the tenting, hiking and paddling. Here's their website: <https://kootenaywildernesscamping.org> and for more info, ask Alex Schumacher who's been a camper there for years!

Happy Camping!

Duff Bond and Mich Michell

Unicamp If you happen to be planning travel in Ontario, there is a camp north of Orangeville called Unicamp, <http://unicampontario.ca/> which offers three weeks of children's camps and three weeks of family camps during the summer. Located on the Niagara Escarpment, and on the Bruce Trail, it offers hiking, and swimming in a spring-fed lake. Our daughter, Chris, worked at this camp during her high school years and loved it. She usually made just enough money to pay for her fare to get there, but the experience and friendships made it all worthwhile!

Eliot If you hanker for an organized family camp with scheduled programs, there are some across North America. Try googling "UU camps" and you'll find a few. The closest to us is called the Eliot Institute, and they run camps during several weeks of the summer and at New Year's at Seabeck, Washington. Find out about their programs at <http://eliotinstitute.org> and talk to Susan Drake or Dave Bradt about their experiences there.

Thank You to Endowment Trust Fund Donors!

From May – December 2016, we received generous donations to the Endowment Trust Fund from church members to honour a person or persons in their lives.

We sincerely thank the following for their contributions:

Bernie Amell and Susan Stratton – in memory of Nikki Croft

Jane Ebborn – in memory of Nikki Croft

Michael Hayden – in memory of Nikki Croft

Ann Kyle and Jim Washbrook – in memory of Nikki Croft and Ann's mother, Fern Scarisbrick

Bob Spinney – in memory of Nikki Croft, Joan Aldredge, Lisa Jenson and Margaret Corner

Andrew and Mary Jane Amey – in memory of Beth Walker

Sharon and Randy Henderson – in memory of Beth Walker

Gorham and Mary Jane Hussey – in memory of Iris Torfanson

Wendy Benson and Bob Willson

Many thanks to these supporters for choosing the Endowment Trust Fund as a way of celebrating someone special, or just to support the church.

We also received a very generous donation from the estate of Ruth Barker.

The Endowment Trust Fund was created to support the long range financial stability of the church in perpetuity. Each year 90% of the fund's income helps finance the ongoing operations of the church. Currently, our fund is professionally managed through the Canadian Unitarian Council. It returned 12.9% last year with a value of \$418,969 at the end of December 2016.

Please consider a donation to the Fund to celebrate a special event – a wedding, the birth of a child, or in loving memory of friends and family. You can drop a cheque to the "ETF" box in the church office or speak to any of the ETF trustees: John Collins, Bob Willson or Ann Kyle. All donations are tax deductible.

~Ann Kyle, Secretary, Endowment Trust Fund

Second Sunday Supper Updates

March 12th Special Irish Supper with Surprises

The incredible cooking crew offers amazing fare: they shop, cook, and serve while the rest of us enjoy the lovingly prepared food for a donation. You are invited to assist them with set up and clean up. Please be sure to sign up by the Thursday before. If you sign up and then cannot attend, please let us know. This event requires a few volunteers: 2-3 to set up and 5-6 to clean up. Many hands make light work. Please take your turn! Sign up and Volunteer in Wickenden or sss@unitarianscalgary.org

Young Adult News

Survey

Asha Philar (Canadian Unitarian Council Youth and Young Adult Ministry staff person) and Rev. Carly Gaylor (UU minister and young adult) are putting together resources to help Canadian UU congregations better welcome, serve, and integrate young adults (ages 18-35). To contribute your thoughts and stories about your experiences as a young adult within Canadian UUism fill out the survey at:

<https://goo.gl/forms/8jVM15ljRAvljaul3>

Young Adult Con - May 19-22 in Edmonton, AB

Looking to create community, deepen spiritually and connect with others of similar ages from across Canada? Attend the young adult con - a full weekend event taking place on the May long weekend. The program includes daily circle worship, collaborative meals and workshops, participation in bridging activities with youth, and workshops on Truth, Healing and Reconciliation with indigenous people. Registration opens March 1 at the link below. Contact: asha@cuc.ca. Travel subsidies are available to help with travel and registration costs. More information about the convention is here: <http://cuc.ca/young-adult-con-2017/>

From Your Nominating Committee (Hazel Corcoran, Sylvia Fenn, Jeb Gaudet and Carol Blyth)

The UCC Nominating Committee is still seeking people for the following elected roles, starting in May 2017:

- Treasurer (one year),
- VP (one year –without expectation that the person will later become president),
- Trustee (three years),
- Nominating Committee members (2 people, 2 years), and
- Member of Committee on Shared Ministry (1 person, 3 years).

If we ask you to take on one of these positions, we hope you will seriously consider it. They are very important, even crucial, to the life of the congregation.

Also please note that we are inviting & accepting applications until March 12, 2017. To apply, please either phone or email Hazel (hazel@canadianworker.coop), or talk to any one of us, including after church on some Sundays until then; and follow up with a brief paragraph on why you are interested. We will get back to you regarding your candidacy.

Congratulations to Ottmar Hoch, March's Volunteer of the Month!

Ottmar Hoch was born in Germany and emigrated to Canada at the age of 2. He became a citizen at 21. He and Pierrette lived in Australia and Gabon before moving to Calgary. He has worked in many cities across the country and also in Oman. They joined our Church 8 years ago, our free and responsible search for truth and meaning was what drew him.

Ottmar can often be seen cleaning up after Second Sunday Suppers. He is very generous with his time here at Church in his unofficial position as head of the Physical Plant Committee. This role has him spending many hours here at UCC, his computer and shopping. He still finds time to be a great Opa to his 3 grandchildren, maybe 4 by the time this goes to print, all under the age of 4.

This is what a couple of his Physical Plant co-workers had to say:

Jeff Grutts made this great list:

- He examines any issue that comes our way with a view to the "big picture". How does the repair / upgrade problem affect everything else happening at UCC?
- Very aware of our available resources to tackle issues. If the issue is beyond our committee's collective expertise or time Ottmar does not have a problem with stating that to our UCC board to call in a contractor or consultant.
- Recognizes others' strengths and encourages participation in projects
- Excellent all-round communicator
- Punctual
- Always a pleasure to work with, good natured and fun to be with. I really enjoy Ottmar's travel stories while we work away at a task or three



Dick Wilson says:

Ottmar is a man with great technical knowledge, great practical skills, with a great set of tools that he is willing to share with his fellow workers in the Physical Plant Committee (PPC), and he is a man who is willing to dive right in to do the dirty work and make good stuff happen. The Church has been the beneficiary of all these skills and industry ever since Ottmar joined, and then led the PPC and he hasn't slowed down even though he had asked for someone to take over a few years ago.

The upper platform lift has been a perfect example to what Ottmar has accomplished. He applied his diagnostic ingenuity and assembled the appropriate teams to sort out the many problems with the device and keep it running in spite of a lack of technical information, and in the face of a level of technical support from the local agent that might best be described as obstructionism.

Ottmar is a multi-talented, multi-dimensional church volunteer and richly deserves to be recognized as such.

There are only 24 hours to each day and I don't know how Ottmar manages to cram so much into his.

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			11:00 AM-B-Staff meeting 02:00 PM-B-Membership Committee 07:00 PM-P-CRSP rehearsal	205:00 PM-7-COSM 07:00 PM-P-UUPhonia rehearsal	310:00 AM-1-Painting lessons	409:00 AM-W-CYPT 04:00 PM-BK/K/W-OVC March Fourth
508:00 AM-P/W/K-Worship 12:15 PM-B-Lay Chaplaincy committee 01:00 PM-P-OVC sectional rehearsal	612:00 PM-P-Piano Lessons 05:30 PM-W-Alto sectional 06:00 PM-1-CYPT 07:00 PM-P-OVC 07:00 PM-B-Green Sanctuary committ 07:00 PM-W-Wild Rose Sangha	706:00 PM-1-CYPT 06:30 PM-P-Vocal Latitudes rehears	810:00 AM-W-Needlework 11:00 AM-B-Staff meeting 06:00 PM-B-Board Meeting 06:30 PM-1-Raging Grannies 07:00 PM-P-CRSP rehearsal 07:30 PM-4-AJC	905:00 PM-B-TLC Facilitators 06:00 PM-1-CYPT 07:00 PM-P-UUPhonia rehearsal	1010:00 AM-1-Painting lessons	1108:30 AM-P/K- Intro to UU 10:00 AM-W-CYPT 06:00 PM-1-CP w/ Amber 07:00 PM-W/Bk/K-Covenant of Gaia
1208:00 AM-P/W/K-Worship 03:30 PM-W/K-2nd Sunday Supper	1312:00 PM-P-Piano Lessons 05:30 PM-W-Alto sectional 06:00 PM-4-CYPT 06:45 PM-1-Arthritis Support Group 07:00 PM-P-OVC 07:00 PM-W-Wild Rose Sangha 07:30 PM-B-History & Archives comm	1405:00 PM-W-CYPT Final performance 05:30 PM-B-VL Board meeting 06:30 PM-P-Vocal Latitudes rehears	1511:00 AM-B-Staff meeting 02:30 PM-W/K-MacG Reconciliation 04:30 PM-B-Social Justice Committee 07:00 PM-P-CRSP rehearsal	1605:00 PM-W-CYPT Final performance 07:00 PM-P-UUPhonia rehearsal	1710:00 AM-1-Painting lessons	1808:00 AM-Bk/W/K/P-Choral wkshp 10:00 AM-1-CYPT
1908:00 AM-P/W/K-Worship 02:00 PM-W-Sacred Web Singers	2012:00 PM-P-Piano Lessons 05:30 PM-W-Alto sectional 07:00 PM-P-OVC 07:00 PM-W-Wild Rose Sangha	2106:30 PM-P-Vocal Latitudes rehears	2210:00 AM-W-Needlework circle 11:00 AM-B-Staff meeting 12:00 PM-NR-TLC Prairie Sky 03:00 PM-B-UCC Development 06:00 PM-1-JMC 06:30 PM-7-Raging Grannies 07:00 PM-P-CRSP rehearsal	2304:30 PM-B-Church Services 07:00 PM-P-UUPhonia rehearsal	2409:00 AM-K/W-Rhapsody prep 10:00 AM-1-Painting lessons	2509:30 AM-P/W/K- Turn of the Wheel 10:00 AM-1-CYPT 01:00 PM-P/W/K/Br-Rhapsody in Blue
2608:00 AM-P/W/K-Worship 12:00 PM-P-UUPhonia extra rehearsal 12:00 PM-B-TLC w/ Duff & Lynn 12:15 PM-1-TLC with Ev Dewar 01:30 PM-W-Dancing with Spirit	2712:00 PM-P-Piano Lessons 05:30 PM-W-Alto sectional 07:00 PM-P-OVC 07:00 PM-W-Wild Rose Sangha	2806:30 PM-P-Vocal Latitudes rehears	2911:00 AM-B-Staff meeting 07:00 PM-P-CRSP rehearsal	3007:00 PM-P-UUPhonia rehearsal	3110:00 AM-1-Painting lessons 07:00 PM-Listening to Music	

How to Reach UCC Staff

Minister

Rev. Debra Faulk

debra@unitarianscalgary.org

403 702-6486

Director of Religious Exploration /

Youth Program Coordinator

Shannon Mang

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403-607-8645

Music Director

Jane Perry

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Church Administrator

Martha Mantikoski

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403-276-2436

Monday -Wednesday & Friday

9am to Noon

Office closed Thursdays



Publishing the Quest

The UCC Quest is published 11 times per year by the Unitarian Church of Calgary.

Electronic copies are available at

www.unitarianscalgary.org/newsletter/

Submissions of articles, photographs, and

event announcements are encouraged.

Questions about the Quest, please email,

quest@unitarianscalgary.org.

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

ENEWS

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

Booking Rooms

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

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

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

The Caring Team

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

Monthly Co-Op Card Fundraiser

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

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