



Monthly Theme: **Tradition!**

Tradition is a guide and not a jailer. ~ W. Somerset Maugham

Debra's Back!



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Unitarian Church of Calgary
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www.unitarianscalgary.org

I write this from Vancouver as I prepare to return to this beloved community after almost four months away on sabbatical. Sabbatical is a long tradition with roots in the Hebrew bible and the agricultural idea of *shmita*, letting the ground lay fallow in order to replenish.

Such traditions emerge from careful noticing of their need. Many traditions came from this sort of careful noticing and carrying the care forward. The etymology of the word tradition is from the Latin verb *traderere* or *tradere* (to transmit, to hand over, and to give for safekeeping).

I have woven my sabbatical time with these concepts in mind, careful observation of our ministry together, time for replenishment and reflection (personal and congregational) and deepening my understanding of our Unitarian faith. There is a sense of fulfillment in all these areas along with the recognition that all are on going intentions. While the learning and insights will surface in many different ways in the coming months let me offer a few brief reflections here.

There is solid reasoning in having sabbatical time included in a parish minister's letter of call. I am incredibly grateful for the benefits of the tradition. The realization of the benefit and the need for the tradition became clearer as I had time to truly step back from congregational life. Truth be told this profession is 24/7. While time in the office, attending meetings and the worship services offered are the observable time, the pastoral, reflective and research time may not be and that time is both significant and continuous. While on sabbatical, there was much reflection on both my ministerial development and

congregational ministry. However, it was much broader in scope and I did not fall asleep concerned for a particular interaction or preparing for a meeting. And I did not awake with the first thought wondering how one of you is doing. It took almost a month for that stepping away process to occur.

Our ministry together was a significant thread in my sabbatical reflections. The adage 'absence makes the heart grow fonder' has proven true. I am deeply in love with this congregation, can hardly wait to get back, missed you incredibly and am so grateful for the time away. I am hopeful that congregational reflection during our absence has resulted in similar feeling toward me as well.

Time for replenishment and reflection has allowed for some insights about issues to address. Discernment is an important aspect of any relationship including that of minister and congregation. More about the learning for both of us as we come back together.

Deepening my understanding of our Unitarian faith is ongoing and will be the content of many upcoming Sunday services. Our faith is often times called the Unitarian 'tradition', which I find a useful framework for the deepening of our understanding. We communicate a gospel of love and reason, of engaged action and evolution. I have found myself questioning our meta-story, the foundations of faith and look forward to sharing and exploring this in the coming years.

I look forward to being with you all soon with a real sense of recommitment to our ministry together.

Namaste, Debra

May Services

Sunday, May 1, 2016 - Sabbatical Tradition

Presenters: Rev Debra Faulk and Rev Carly Gaylor

Music: Jane Perry

Sunday, May 8, 2016 - Deepening Traditions

Presenter: Rev Debra Faulk

Music: Jane Perry and UUphonia

Sunday, May 15, 2016 - Beyond Traditional:
Spirituality of Nina Simone

Presenter: Rev Debra Faulk

Music: Nina Tribute Band (Hedda Zahner, vocals; Cora Castle, bass; Jane Perry, piano)

Sunday, May 22, 2016 - Moving With Spirit

Service Presenter: Ronnie Leah Joy

Service Leader: Loretta Biasutti

Music: Recorded music

Sunday, May 29, 2016 -

Farewell, Danielle! A Celebration of her Journey. Dinner at 5 pm.

Presenter: Danielle Weber

Service Associate: Rev Debra Faulk

Music: Jane Perry and UUphonia



40thers 4May - The 40thers Charity for May, is the Avenue 15 Youth Shelter, offering emergency shelter services for youth in Calgary. Their services are designed to increase the likelihood that youth will acquire the skills and capacity for stable living, while accessing shelter. To learn more, see: <http://www.boysandgirlsclubsofcalgary.ca/programs/youth-housing-shelter/shelter/avenue-15>."



May 2016 Kudos!

This month we recognize and thank:

Rev. Carly Gaylor, Sabbatical Minister, for all her contributions to our church over the last four months.

Music Director Jane Perry and all Cabaret participants and supporters.

Our Finance Committee for their time and energy devoted to working with the budget.

Stewardship committee (Greg O'Neill, Duff Bond, Donna Antonio, Bob Willson, Rev. Carly Gaylor, Brandis Purcell, Eric Leavitt) for the lovely Stewardship lunch and ongoing work on the Stewardship campaign.

Brandis Purcell for helping with Stewardship, Cabaret, SWEET, and for serving as board secretary.

The Nominating Committee (Hazel Corcoran, Sylvia Fenn, Randie Lind, Donna Antonio) for recruiting a slate of candidates for the AGM.

OWL leaders Heather Walker, Bev Webber, Jeff Webber and Shannon Mang.

Lisa Huddle for shifting her energies from teaching the Pre-school-Kindergarten class to helping with the CYRE Volunteer group.

Mich Michell, Rev. Carly Gaylor for their work on simplifying our publications.

Jeff Gruttz, Barry Wilkinson, Hendrik Schaink, and Mich Michell for designing and building the enclosures for the new sound mixer for the stage.

Everyone who helped put on the yummy Easter brunch!

Rebekah Mobley-Kasner Publisher guru extraordinaire.

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.

Reflections from Carly



Dear Children, Youth, and Adults of UCC,

It has been an honour to spend the last few months with you. I deeply appreciate your warm welcome and hospitality, and the cherish many meaningful (and often fun!) times we have had together:

- ◆ Spirit Jams where we played outside, practiced yoga, shared our fears, built Lego, and much more
- ◆ Working with capable and generous volunteers and leaders in the congregation
- ◆ Second Sunday suppers
- ◆ Planning sessions with staff over Indian buffet meals (yum!)
- ◆ A laughter-filled fundraising brainstorming session
- ◆ A cameo in your Cabaret
- ◆ Wonderful music and lots of singing on Sundays
- ◆ Sunshine! So many days of sunshine
- ◆ Biking along the Bow River to and from the church
- ◆ Learning to paint with Hedda and the Monday morning crew
- ◆ Working with the dedicated and thoughtful stewardship team
- ◆ Witnessing your generous support of refugees
- ◆ Working with a gifted and dedicated staff team
- ◆ Hanging out with the amazing kids and youth of this congregation
- ◆ And many, many others.

I am grateful for your openness to new ideas and ways of doing things, especially as we worked out the ripples that come with experimentation. Change is never easy, and the last few months have been a chance to experiment, learn from one another, and grow together. I have learned a lot from you in the process, and will take my learning with me into my future ministry. Thank you.

Many of you have asked 'what's next' for Curtis and me after Calgary. For more than 10 years, I have dreamed of creating a Unitarian urban ministry. Curtis and I found that our visions dovetail and strengthen one another, and we are excited to start a new ministry together. We are both passionate about intentional spiritual practice, simple church and simple living, and creating alternative systems that challenge predominant unjust and harmful practices. Our first planned project is an interest-free microloan program as an alternative to exploitative payday loan practices.

The Unitarian Church of Calgary is a special congregation. Your care for one another, innovative spirit and ability to say 'yes,' and thoughtfulness and intentionality are incredible strengths. Most of all, your best resource is each and every one of you, the people of the church, and I have been blessed by my relationships with you. I wish you and your wonderful minister Rev. Debra well as you continue your journey together.

I will miss you.

Warmly yours,
Rev. Carly

Volunteer of the Month May 2016: Sheila Ward!



Your board of trustees recognizes Sheila Ward as May's Volunteer of the Month!

Many of you will have encountered Sheila at the Co-Op card table during coffee hour. Sheila, along with Ev Dewar and Lynn Nugent, collects orders and payment on the first Sunday of the month and distributes the cards on the second Sunday of the month. Sheila, ever the great marketer, speaks up to remind people about the importance of the money Co-Op gift cards raises for the church.

Sheila is well known for her role as Master of Ceremonies at the annual Cabaret. Music Director Jane Perry says:

"As Cabaret's long-time Master of Ceremonies, Sheila brings great stage presence, humour and always a fantastic collection of vests and hats! Her enthusiasm for the fundraising side of Cabaret means that audience members

cheerfully dig deep to buy tickets for the 50/50 draws and to purchase food and drink from the refreshment stand, spurred on by Sheila's good-natured cajoling. Sheila prides herself on her careful research of each Cabaret song, aiming to give the audience an entertaining and informative spoken introduction to each piece. She also has an amazing ability to do things on the fly while on stage with a microphone in her hand; if a soloist is late in coming to the stage, or a cellphone goes off somewhere in the audience, Sheila is ready with a one-liner and can fill time seamlessly --- almost as if we had scripted the show that way. Amazing!"

Sheila further supports our music program through her involvement with the music library.

Jane Perry: *"As of spring 2015, Sheila has been one-half of our fabulous new UUphonia music-library team, with Judy Osborne. It was Sheila who managed last spring to come up with two new lateral filing cabinets, dirt cheap, to house the choir music. The choral-music library never had it so good!"*

You can get to know Sheila if you are involved with the community garden, an initiative sponsored by our Green Sanctuary Committee. Sheila recruits new renters for the garden plots, collects rental fees, organizes meetings to communicate rules and expectations to the gardeners, and generally keeps an eye out for how the working of the garden might be improved. She maintains a good working relationship with our horticultural therapy program and is currently looking into how the composting system might be optimized.

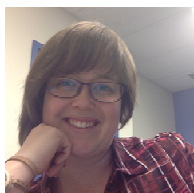
Sheila is a certified laughter yoga leader and for many years brought fun and health benefits to people in the church and the community.

For several years recently Sheila took a leadership role in organizing our participation in the annual Gay Pride Parade. She was committed to making sure UCC had a strong presence at this important event.

Sheila has served as chair of the Lay Chaplaincy Committee, on the Committee on Shared Ministry, and as a member of the ministerial search team that brought us our current minister, Rev. Debra Faulk.

A friendly and easy going person, Sheila accomplishes much while keeping a sense of humour. She is noted for being dependable and dedicated, with a direct and honest communication style.

Congratulations Sheila and thank you for all that you do!



Danielle's Reflections Tradition

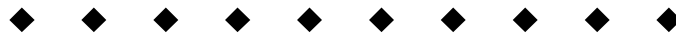
I am very sad to say that this is my last month working with the Unitarian Church of Calgary. I grew up in this community so learning to become a minister with the support of this Church has meant a lot to me.

When I decided to enter into Seminary I knew that this was going to be a challenging and invigorating time of life for me. I was in the process of completing my Psychology degree at Mount Royal, but I knew that seminary was going to be more than just book learning, and test taking. I was going to be reshaping my heart and my soul, struggling with theological questions (what is the most sacred thing in our world) and understanding how I wanted to respond to the world's troubles, through parish, chaplaincy, social justice, or religious education ministry. I knew as soon as I was accepted to the Master of Divinity Program at Meadville Lombard that I could not have a better learning arena then here at my home church, and I want to thank everyone who has helped and witnessed me through this transformation.

At the Service of the Living Tradition, during the Unitarian Universalists Association's Annual General Assembly – the tradition is to call forth from among the crowd ministers who have achieved Primary and Final Fellowship. This is a clear representation of our polity and although I will not be called forth from the crowd of Unitarian Universalist for at least one more year, this tradition, this ritual has already lived true in my ministry. Because I was called forth from this congregation, I was loved into Ministry by everyone in this church.

Thank you all for this precious gift that you have given me, and for helping me learn how I will give it back to the world.

I will be spending the next year in Toronto doing a second internship under Shawn Newton, and I have been accepted into a second Master Degree, in Leadership Studies, where I will research Community Development for Churches. I will be finishing my term with Toronto in August of 2017, and in September I hope to see the Ministerial Fellowship Committee.



Have you read, or are you meaning to read "The Inconvenient Indian" by Thomas King? Published in 2012, this book has spread like wildfire through Canada, and also among Unitarian Circles across the nation. Described as "rich with dark and light, pain and magic," The Inconvenient Indian distills the insights gleaned from Thomas King's critical and personal meditation on what it means to be "Indian" in North America, weaving the curiously circular tale of the relationship between non-Natives and Natives in the centuries since the two first encountered each other. In the process, King refashions old stories about historical events and figures, takes a sideways look at film and pop culture, relates his own complex experiences with activism, and articulates a deep and revolutionary understanding of the cumulative effects of ever-shifting laws and treaties on Native peoples and lands."

If you are interested in a deeper look into this book, and the History of First Nations and non-aboriginal people please join me on **Saturday May 7th from 1-3:00 in Panabaker.**

Farewell, Danielle! A Celebration of her Journey

Sunday, May 29th Cocktail reception with food for all from 6-8 pm. Donations will be accepted at the door to cover costs, and extra donations received will be gifted to our out-going intern, Danielle. Sign-up sheet will be available in Wickenden closer to the event.

Join us in celebrating the completion of our home-grown Intern Minister's time in our congregation. Danielle has been a part of our UCC congregation since childhood, and is now ready to move to Toronto, to complete her final year of training as a minister. Come celebrate this milestone and share in her joy! All ages welcome. If you wish to be involved in the planning, to present a tribute, or otherwise help make her send-off extra special, please

contact Corinna Nielson, corinna_renee@hotmail.com.

**Danielle Webber is the Unitarian
Church of Calgary Intern Minister**

danielle@unitarianscalgary.org

403-988-8490

Office Hours:

Tuesdays 12:00 - 5:00 pm

Wednesdays 12:00 - 5:00 pm

Thursdays 9:00 - 4:00 pm

Shavings from the Board

May 2016

The financial situation of the congregation has required much attention from the Finance Committee, the Stewardship Committee, the Board and the Minister in the past several weeks. It has become apparent that the costs of the regular operations of the church – paying our staff, heating and maintaining the church building, and providing vibrant Sunday services and engaging programs for children, youth, and adults – have been growing every year despite careful and responsible stewardship by volunteers and staff. Meanwhile in the past two years over a dozen of our long term members have moved away from Calgary, or have passed away, or are facing critical health problems, so their financial support is no longer available to us.

Our stewardship campaign resulted in several new and increased pledges, but the combined effects of increasing expenses and reduced pledges from long term members resulted in a large projected shortfall in the 2016-17 budget. This shortfall necessitated the unusual step of a call for increases to our pledges. We hope that the additional pledges will allow us to fund almost all of the initiatives in our budget.

I'm confident that a congregation that raised \$12,000 for new chairs and over \$60,000 for refugees in the past year will be able to increase its support for our beloved community.

* * * * *

One way we can support our community is by including a bequest to the Unitarian Church of Calgary in our will. This month we received notice that our dear friend Patti Stephen left a bequest of over \$8,000 to the church. We are most grateful for her generosity.

* * * * *

It has been an invigorating four months while Rev Debra Faulk has been away on Sabbatical. We were very fortunate to have Rev Carly Gaylor with us as Sabbatical Relief Minister during that time. Her wise counsel, creative thinking, energetic engagement and appetite for working towards Simple Church have been a great benefit for the many committees in the church she has worked with during her stay. In particular, her support for the Board and its President have been greatly appreciated. We are sure that her career in ministry will be of great value to Unitarians across Canada, and we wish her every success.

John "Mich" Michell
President of the Board of Trustees

Co-Op Gift Card Purchases

Give to the church while buying groceries, gas or liquor at Co-Op stores!

The church receives 5% of gift card orders totaling less than \$5000, 7% when we have gift card orders that total \$5000 - \$9999 and 10.5% for orders \$10,000 or more.

Gift card orders - Sunday, May 1

Gift card distribution - Sunday May 8

We welcome post-dated cheques particularly over the summer months!

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 the Co-Op Card/Fruit Cake Cheques mail slot in the church office.

2. The gift cards will be distributed on the second Sunday of the month. If you are unable to pick up your card on that day, you can collect it on the next Sunday.

That's how easy it is!

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





What Does It Mean To Be A People of Tradition?

Tradition. It's not had an easy road among us Unitarian Universalists. For much of our history, we've seen it as a threat. UU preachers and theologians have talked about it as "chains," "tethers," even "a jailer." And that's certainly how it's felt to many of us at times. We know what it is like to be bound tight by tradition. Suffocated by rules and rituals that limit what we can think or who we can love. So, rightfully, our UU message has long been: "Don't be afraid to throw tradition out!"

But we also know it's more complex than that. We are not always perfect at it, but for a while now, we've also recognized that tradition can be a gift, not just a threat. We're more and more likely to agree with W. Somerset Maugham, who wrote, "Tradition is a guide and not a jailer." And not just a guide, but a connection to the wisdom and wonder of the past. We're even coming to recognize that tradition can be a source of freedom. Voices of the present oppress and mislead as much as voices from the past. Sometimes, allowing the voice of tradition to speak is the only way we make our way safely through the shallowness of modern day "wisdom." G.K. Chesterton captured this perfectly when he wrote, "Tradition means giving votes to the most obscure of all classes, our ancestors. It is the democracy of the dead. Tradition refuses to submit to that arrogant oligarchy who merely happen to be walking around." And then there's the way that tradition helps us imagine the new. As the poet Carlos Fuentes reminds us, "There is no creation without tradition; the 'new' is an inflection on a preceding form; novelty is always a variation on the past." Aware of these many gifts, we UUs have brought more nuance to our relationship with tradition. Sometimes the task is to throw it out; other times what's needed most is to listen. And so our message regarding tradition has also become "Choose carefully."

But one wonders if even that message is nuanced enough. Watching the speed and fullness of our days, it's difficult to see any place for tradition at all. Forget throwing it out. Forget choosing carefully. Most of the time, it seems we're not thinking about tradition at all. We talk about traditions that were valuable to us as kids, but we speak of them as memories more than practices we protect and carry on. We would have liked to make that thanksgiving recipe that mom always cooked at Thanksgiving, but it's been an awfully busy week so the store bought dish will have to do. We value the wisdom of voices from the past, but it's much easier just to quickly read the latest two-paragraph post from our favorite blogger. We envy our religious neighbors practices of Lent and Ramadan, but that takes a lot of time and our schedules just don't have room. Truth be told, in modern day life, tradition is not so much oppressive as it is absent. Out of sight and out of mind.

And so a new UU voice is emerging. Yes, "Don't be bound." Yes, "Choose carefully." But maybe most important of all: "Hold on and make room!" This is the voice we are invited to listen to this month. People of tradition know that tradition guides, heals, inspires and connects us. People of tradition also know that these gifts of tradition can't live on without our help. So, this month, friends, let's make some room. Let's invite it back in. Let's make tradition more than a memory.

Let's allow it to be a gift.

Unitarians then:



And now:





Spiritual Exercises on Tradition:

Option A:

Holding On To The Traditions That Help Us Hold On To Ourselves

What tradition helps you remember who you are? Come to your group and share a tradition or a ritual that helps you hold on to a precious value, insight or memory.

Option B:

Take a Second Look at Somebody Else's Tradition

There is a reason others hold on to tradition even if we don't understand why. Use this month to explore a religious tradition that seems foreign to you but essential and precious to those maintaining it. Learn more about why the Amish still refuse to drive. Why do some young, modern Muslim women still wear the traditional headscarf? Do you really understand Lent? Or why pilgrimages transform people so deeply? Come to your group ready to share what you learned and what you are going to do with that learning.



Option C:

Prove that Kitchen Traditions are Spiritual

Food produces more traditions than almost any other element of our lives. From the outside these traditions of cooking and eating can seem sweet and sentimental. But we know they are much more than that. We know that there is a deeper reason we fiercely defend homemade birthday cakes or eating the same food every year at Christmas or Thanksgiving. Why is it that you cook Great-Grandma Elaine's chicken soup every time you're sick? Why won't you throw away that old skillet your mom left you? There is a deeper meaning – a life-giving meaning – to traditions of the

kitchen and dinner table. Come to your group with a story that proves that is true. (And maybe even a dish that proves it is true!)

Option D:

A Hope Chest of Tradition

Whether it is an elegant wooden hope chest handed down from family or just a cardboard box in the attic, many of us have a "hope chest" that carries and contains our memories and traditions. Use this month to re-visit what's in yours. Bring one of the items from your "hope chest" to your group. And tell the story of how pulling it out again transformed your month.

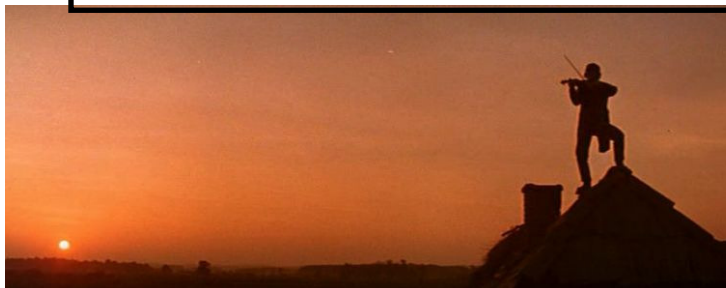




Questions to Explore on Tradition:

Pick a question that “hooks” you most and let it lead you where you need to go. And then come to your TLC meeting prepared to share that journey with your group.

- 1) Do you still have a score to settle with traditional religion? What would it take to move on?
- 2) How have your parents’ traditions made you who you are? Are those traditions a legacy you are grateful for? Or are they still a source of struggle or pain? How have your own new family traditions been a reaction to those of your parents?
- 3) Are you proudly traditional in any way?
- 4) Are you “traditional” in ways that aren’t easy to see?
- 5) What one tradition do you want to pass on to your children?
- 6) In our resources section, Rev. Jack Mendelsohn argues that our UU religion is “not bound by tradition.” Has your own UU faith been formed by feeling free from tradition? Or do you owe a bit more thanks to tradition than you’ve previously recognized?
- 7) What traditions do you fight against because they imprison others? How have you engaged that fight lately?





Wise Words on Tradition

Wise Words:

“Tradition is the source of religious authority most suspect to Unitarian Universalists.”
–Soul Matters Minister

“Tradition is a guide and not a jailer.”
–W. Somerset Maugham

“There is no creation without tradition; the 'new' is an inflection on a preceding form; novelty is always a variation on the past.”
— Carlos Fuentes

“Because something is traditional is no reason to do it, of course.”
–Lemony Snicket

“The less there is to justify a traditional custom, the harder it is to get rid of it.”
–Mark Twain

“Tradition is the illusion of permanence.”
–Woody Allen

“Part of my ancestry is Cherokee. And in that tradition you become an adult when you're 52.”
–Alice Walker

“A ritual takes what happened a long time ago and drags it into the present so you can experience it here and now. [The tradition of] rituals keep us from forgetting what must not be forgotten and keep us rooted in a past from which we must not be disconnected.”
–Tony Campolo

“Children have never been good at listening to their elders, but they have never failed to imitate them.”
–James Arthur Baldwin

“Tradition does not mean a dead town; it does not mean that the living are dead but that the dead are alive. It means that it still matters what Penn did two hundred years ago or what Franklin did a hundred years ago; I never could feel in New York that it mattered what anybody did an hour ago.”
— G.K. Chesterton

Tradition means giving votes to the most obscure of all classes, our ancestors. It is the democracy of the dead. Tradition refuses to submit to that arrogant oligarchy who merely happen to be walking around.
— G.K. Chesterton

The Larger Circle by Wendell Berry

<https://www.facebook.com/SpiritualEcology/posts/349186351853026>

<http://mollystrongheart.blogspot.com/2013/01/wendell-berry-larger-circle.html>

"We have inherited quite a religion. ...It is lived. It is not just a set of bromides and pietisms. ...It is free, not bound by tradition, inheritance, geography, or the passing parade. It is first-hand; a personal experience. ... It is growing. It never thinks of itself as perfected and final.
— Rev. Jack Mendelsohn (adapted)



Resources on Tradition

Tradition (n.)

1. the handing down of statements, beliefs, legends, customs, information, etc. from generation to generation especially by word of mouth or practice

2. a long-established or inherited way of thinking or acting

Synonyms: belief, culture, custom, ethic, folklore, habit, law, myth, ritual, wisdom

Videos & Online:



"Tradition" from the movie/musical *Fiddler on the Roof* (with subtitles)

<https://www.youtube.com/watch?v=gRdfX7ut8gw>

When Tradition Makes Way for Love

A particularly moving story shows a young gay couple adopting a child and creating a new tradition of family.

<https://www.youtube.com/watch?v=QvHGKSqBVjs&feature=share>

Homophobia Takes a One Two Punch

A wonderful comedic spoof from duo Key and Peele about how one family breaks tradition to plan a wedding for a gay family member. (warning: adult language!)

<http://www.upworthy.com/homophobia-takes-a-one-two-punch-in-this-hilarious-clip?c=upw1>

Articles:

Photo Series of Seniors Shatters Stereotypes

Damon Scheleur and Yagana Shah

Breaking with the traditional stereotypes about aging!

http://www.huffingtonpost.com/2015/01/15/senior-photo-series-stereotype-aging_n_6478726.html

Should You Change Your Name After Marriage? The Woman's Surname Quandary

Nell Kathleen Gibbon

A well-articulated piece about the complexity of challenging traditions.

http://www.huffingtonpost.com/nell-kathleen-gibbon/should-you-change-your-name-after-marriage-the-womans-surname-quandary_b_6940000.html

An Accidental Family Tradition

Michelle Richards

<http://blogs.uuworld.org/parenting/2013/08/26/an-accidental-family-tradition/>

New Family Traditions: Creating Rituals with and for Children

Meg Cox

<http://www.uuworld.org/2003/04/feature2.html>

Odd Similarities Between Young and Old Relatives

Donna Sapolin

An article about how tradition is passed down through the way we resemble our relatives, or not. The pictures alone are worth a click.

<http://www.nextavenue.org/blog/odd-similarities-between-young-and-old-relatives>

Alaskan Indian Woodcarver Revives Extinct Totem Art

BBC Magazine

<http://www.bbc.co.uk/news/magazine-16539482>

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 tradition."



Movies:

Chocolat

Bend it Like Beckham

Slumdog Millionaire

The Hundred-Foot Journey

Far From Heaven

Fiddler on the Roof

Pleasantville

Revolutionary Road

Singing in the Rain

True Grit

Maleficent

It's a Wonderful Life (Not about tradition per se, but for some, it's a tradition to watch it every Christmas!)

Books:

The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible

By A.J. Jacobs

[http://www.ted.com/talks/](http://www.ted.com/talks/a_j_jacobs_year_of_living_biblically?language=en)

[a_j_jacobs_year_of_living_biblically?language=en](http://www.ted.com/talks/a_j_jacobs_year_of_living_biblically?language=en)

The Book of New Family Traditions

By Meg Cox

This Idea Must Die: Scientific Theories that are Blocking Progress

By John Brockman

Ishmael

By Daniel Quinn

Rituals of Celebration

By Jane Merededith

Breaking the Spell: Religion as a Natural Phenomenon

by Daniel C. Dennett

From our UUA's Beacon Press:

The Spiritual Emerson:

One of our UU tradition's guiding lights.

At Home in Exile:

An eloquent, controversial argument that says, for the first time in their long history, Jews are free to live in a Jewish state—or lead secure and productive lives outside it.

A History of Religion in 5 ½ Objects:

S. Brent Plate takes a fresh and much-needed approach to the study of religion by exploring five traditional types of religious objects—stones, incense, drums, crosses, and bread.

Understanding the Bible:

A thoughtful, warm, and witty reconsideration of the traditional view of the Bible by John Buehrens. In making accessible some of the best contemporary historical, literary, political, and feminist readings of the Hebrew and Christian scriptures, it encourages us to see our biblical heritage as an ally, not an enemy, in the struggle for a more just and humane world.

May Events & Tradition:

Beltane - May 1

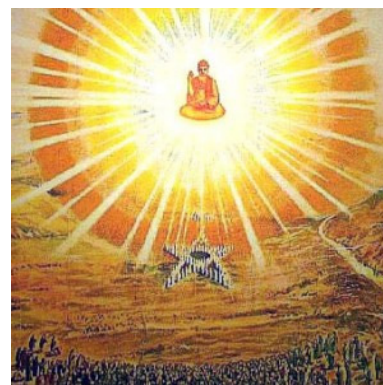
Mother's Day - May 8

*Wesak *Buddha Day* May 21*

Coming of Age often celebrated in May or June

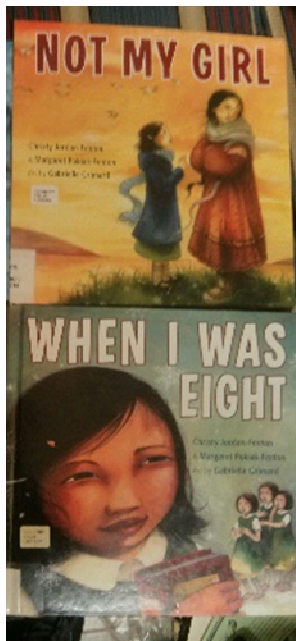
With thanks to Soul Matters:

www.soulmatterssharingcircle.com





Religious Exploration Program



February's theme of Reconciliation introduced the children to the realities of Canada's Residential School system through two stories about Olemaun, a young Inuit girl who went to residential school. ***When I was Eight*** is about her time at the school and ***Not My Girl*** is about her struggle to reintegrate with her family and community when she returns from residential school. Both books are by Christy Jordan-Fenton and Margaret Pokiak-Fenton. The children wrote Margaret Pokiak-Fenton a letter thanking her for writing the stories about her childhood.

Then we made dream catchers: this is a picture of the large dream catcher made by the younger children.



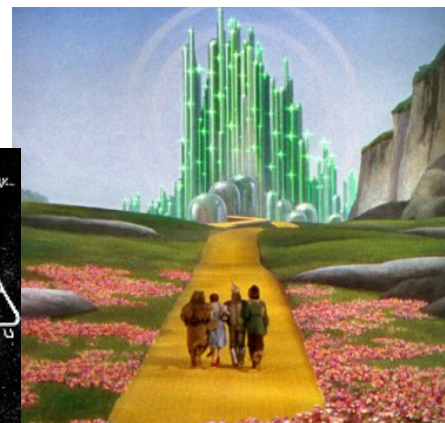
Through April the children explored Revelation by filling out their own pledges to support their Beloved Community. On April 10th the children shared some of their favourite poetry during the Time for All Ages and on April 17, three children led the children's Break Out group for Spirit Jam Sunday. April 24 saw another children's Annual Climb for Wilderness as they ran a circuit of the church halls and stairs and collected spare change for Alberta Wilderness.

In May we look forward to celebrating lots of different Traditions- from a Maypole dance to Chalice traditions, our annual Worm Return to the planting of the Children's garden box in the Community Garden

Our Whole Lives at the Unitarian Church of Calgary

Plans are underway for a Grade 7-9 OWL group to run from mid- September to mid-December 2016 on Sunday evenings and an Adult OWL group will take place on Wednesday evenings, also running from mid- September to mid-December . Jeff Webber, Heather Walker and Shannon Mang are planning to attend the facilitator's training course for High School OWL (both the grade 7-9 and grade 10-12) in Vancouver in May.

What movies are a tradition in your family?



♪ UpBeat News with Jane Perry ♪

Cabaret 2016: Music at the Old Town Hall! At the time of writing, our April 29 and 30 Cabaret hasn't happened yet, but you can be sure there are lots of thank-yous to lots of folks! They include:

- *the choristers of UUphonia, who worked so hard and always with good cheer and enthusiasm. You make your conductor's job very easy and rewarding!
- *scriptwriter Brandis Purcell, for giving us such a great concept for a show
- *the Cabaret film crews (Jamie Davison and Kenzie Love; Linda Brown and Christine Zimmerman; Brandis Purcell) who gave time and talent to record each of the nine stories we presented as videos in our Cabaret presentation
- *the church-based actors who appeared in those videotaped stories
- *Hendrik Schaink, who gets his own mention because he trained our Cabaret film crews and then proceeded to help each of them with their video projects, way above and beyond the call of duty
- *our Cabaret AV team of sound wizard Barry Wilkinson and intrepid projectionists Hendrik Schaink and Jim Washbrook
- * the Cabaret Production Team: Liz Blackstock, Duff Bond, Marsha Haug, Eric Leavitt, and Brandis Purcell
- *the Cabaret Creative Team: Ned Leavitt, John Michell, Corinna Nielson, and Brandis Purcell
- *Corinna Nielson for her graphic artwork
- *Jamie Davison for ticket production and logistics
- *Linda Brown, for assisting Liz Blackstock with ticket sales and management
- *Leslie Buckle and Brandis Purcell for planning the cast and crew after-party
- *the church-based volunteers and community members who put time and energy into helping us put on a great show



Our resident choirs in concert! Please consider supporting these ensembles who add so much to the fabric of our larger church community!

Friday, May 13 at 7:30pm. Vocal Latitudes presents its annual spring concert, directed by guest conductor Lorna MacLachlan and accompanied by pianist Melissa Lebo. Unitarian Church of Calgary.

Saturday, May 14 at 7:30pm. One Voice Chorus presents "Home", a musical look at the idea of home with a particular focus on LGBTQ youth homelessness. Directed by Jane Perry and accompanied by Gavin Caldwell. St. Stephen's Anglican Church (1121 14 Avenue SW). Advance tickets are available through www.brownpapertickets.com: \$20 regular, \$15 senior/student.



What Do I Do? A Spirit Jam Dilemma ~ By Randy Henderson

Today, Sunday March 27th, is Spirit Jam, and all members of the congregation have been invited to take part in a variety of activities.



We have four choices to choose from, but I was not as positive as most other folks appeared to be and so I decided to take a gander at everything that was offered before making a decision.

Here in Panabaker Hall, the people that have remained seated have chosen to exercise their vocal chords and sing a selection of songs. I do enjoy taking part in a song or two but I must move on and check out some other activities. And with so with a song in my heart and a bounce in my step I'm moving on.

Down the hall another group has gathered together for a briefing on their upcoming yoga class. Now this just might be to my liking, because yoga to me is a wonderful form of meditative relaxation. At this point it's yoga over singing with two choices left. And so down stairs I go headed towards the remaining two classes that are just getting underway.



Now this looks inviting. People are moving about balancing seed packets in their left hand and seed pots in their right. This is one class I can really connect with—getting a head start on the up-coming flower and vegetable growing season. As it stands at this moment the seeds rule, but by the narrowest of margins. Next door there seems to be a lot of chatter going on and so I'm off to check that out.



Neat! Easter egg decorating. Everyone here is putting their artistic imaginations and energies into designing Easter. There is a lot of great works of art going on here but I would be better off as a spectator in this endeavor. I did just receive word that the yoga class is taking place in the theatre, and so off to the theatre I go. With time ticking down, I have not yet made up my mind as to what to take part in.

The theatre doors are locked into the yoga class in order to preserve some peace and quiet, however I did manage to locate a window to peek through. Boy, those positions they have gotten themselves into look kind of painful, but there are smiles on their faces so I guess everything is good.



Yikes, that half hour or so has just flown by and there is really not enough time left to do much of anything except take one last boo at the seed planters who I guess have made their way outside to water their seedlings. Well all this information has been quite informative and educational but I seem to have run out of time to do much of anything except observe. And maybe this was my subconscious choice right from the start—to get involved in everything. Hmmm!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
108:00 AM-P/W/K Worship Service 11:30 AM-B- Ushers 12:15 PM-1-UCC Garden 12:30 PM-P- BarberEllas work- shop	209:00 AM-W- Painting lessons 01:00 PM-P-Piano lessons 06:00 PM-4-Board Meeting 06:30 PM-W/K- Wild Rose Sangha 07:00 PM-P - OVC Rehearsal 07:00 PM-B-Green Sanctuary	310:00 AM-W- Horticultural Ther- apy 11:00 AM-B-Staff meeting 01:00 PM-P-Piano lessons 07:00 PM-P - Vo- cal Lat. rehearsal 07:00 PM-W- Council of Canadi- ans	406:00 PM-P- BarberEllas 07:00 PM-P - CRSP Rehearsal	502:00 PM-4- OWL info session 05:00 PM-B- Church Services committ 07:00 PM-P - UUPhonia re- hearsal 07:00 PM-W- Choir! Choir! Choir!	6	712:00 PM-K - Second Sunday prep 01:00 PM-P- Inconvenient In- dian bk 06:30 PM-W/K- Contra dance
808:00 AM-P/W/K Worship Service 11:30 AM-B- Ushers 12:00 PM-W/K - 2nd Sunday Sup- per	909:00 AM-W- Painting lessons 01:00 PM-P-Piano lessons 06:30 PM-W/K- Wild Rose Sangha 07:00 PM-P - OVC Rehearsal 07:00 PM-1- Arthritis support group	1010:00 AM-W- Horticultural Ther- apy 11:00 AM-B-Staff meeting 01:00 PM-P-Piano lessons 01:45 PM-B- Membership com- mittee 07:00 PM-P - Vo- cal Lat. rehearsal	1110:00 AM-W- Needlecraft circle 06:00 PM-P- BarberEllas 07:00 PM-P - CRSP Rehearsal 07:00 PM-B - Rag- ing Grannies 07:15 PM-4 - AJC	1205:30 PM-B-TLC for facilitators 07:00 PM-P - UUPhonia re- hearsal	1303:00 PM-PWKB - V. Lat concert	1408:30 AM-W- Garden work bee
1508:00 AM-P/W/ K Worship Service 11:30 AM-B- Ushers 12:00 PM-P- AGM Congregational mtg 12:00 PM-W-Tea and Talk w/Donna B	1609:00 AM-W- Painting lessons 01:00 PM-P-Piano lessons 06:00 PM-4-Board Meeting 06:30 PM-W/K- Wild Rose Sangha 07:00 PM-P - OVC Rehearsal 07:00 PM-B-Social Justice	1710:00 AM-W- Horticultural Ther- apy 11:00 AM-B-Staff meeting 11:00 AM-4-TLC w/ Joan Riches 01:00 PM-P-Piano lessons 07:00 PM-P - Vo- cal Lat. rehearsal	1806:00 PM-P- BarberEllas re- hearsal 07:00 PM-B-Social Justice	1908:00 AM-CUC Vancouver 07:00 PM-P - UUPhonia re- hearsal	2008:00 AM-CUC Vancouver 10:00 AM-K- Elevated Learning	2108:00 AM-CUC Vancouver
2208:00 AM-CUC Vancouver 08:00 AM-P/W/K Worship Service 11:30 AM-B- Ushers	2309:00 AM-W- Painting lessons 06:30 PM-W/K- Wild Rose Sangha	2411:00 AM-B- Staff meeting 01:00 PM-P-Piano lessons 06:30 PM-B-Music committee meet- ing 07:00 PM-P - Vo- cal Lat. rehearsal	2510:00 AM-W- Needlecraft circle 06:00 PM-4-JMC 06:00 PM-P- BarberEllas re- hearsal 07:00 PM-B - Rag- ing Grannies	2607:00 PM-P - UUPhonia re- hearsal	2703:00 PM-P- Leavitt wedding rehears	2809:00 AM-P/W/ K -Leavitt/ Hoepner we 06:00 PM-1-CP w/ Amber
2909:00 AM-P/W/ K -Leavitt/ Hoepner we 08:00 AM-P/W/K Worship Service 11:30 AM-B- Ushers 01:00 PM-B/Bk/ W/P- Bye, Dan- ielle!	3009:00 AM-W- Painting lessons 01:00 PM-P-Piano lessons 06:00 PM-4-Board Meeting 06:30 PM-W/K- Wild Rose Sangha	3110:00 AM-W- Horticultural Ther- apy 11:00 AM-B-Staff meeting 01:00 PM-P-Piano lessons 07:00 PM-P - Vo- cal Lat. rehearsal			May 2016	

4 Questions from the Social Justice Committee

This month's interview: Nikki Croft, communications

1. What is the most interesting challenge in your work?

As a writer and marketer, right now my main contract is to find funding for a valuable program of reconciliation workshops. In 2001, Marc Pizandawac, an Algonquin First Nations man, created Returning to Spirit <http://www.returningtospirit.org/>. Soon after, Catholic Sister Ann Thomas persuaded the Church to invest in the project. In 2006, Returning to Spirit became a charitable organization, with mainly Catholic funding, which stopped in 2012. Since then, I've been spending weeks at a time in Winnipeg, meeting with organizations like the Chamber of Commerce, trying to get funding for this project. I've been through the workshops too, and they are intense.

2. What is your approach to resolving this challenge?

I've found the challenge sometimes overwhelming. My work takes me to Winnipeg, where the problems of addictions and homelessness are very visible. This where the 5-day workshops are so important. There are separate workshops for Indigenous and non-Indigenous participants, but both workshops are about the lens through which we see the world. They start with a scrutiny of one's own perceptions and biases, which are based on our experiences and often fears, insecurity and trauma. It's easier for indigenous s to get it because they've had a lot of pain and trauma. After sharing one's story, writing it out, and discussing it in small groups, then the exercise is about recognizing each of us has a story and each of us has pain. It's about letting go. Once the story is shaped, a person can step back and say, "That's a story, that's not who I am."

Most of the workshops are held within First Nations communities, where there's a huge need and demand to reconcile – even with their own broken families. A lot of younger indigenous s are choosing not to drink at all. There are a lot of dry families. The older generation has a lot of fear and anger. Workshops emphasize conversational skills, teaching that you can create the conversations, you can create the possibilities. We say, "shift the conversation." The workshop has intense exercises to teach importance of really listening to the other, also a big emphasis on setting intentions and making responsible choices. A lot of indigenous s are hesitant about making their own choices because the Indian Act gave others authority over them.

3. What can one Unitarian do?

This one Unitarian is trying very hard to raise money for an organization that means a lot to me. One person could become a trainer and take the workshops to First Nations communities. As a Congregation, UCC could consider partnering with Returning to Spirit, to show support for the program.

4. Why do you keep doing this work?

There is nothing so sacred and important as maintaining and building our spirit in the face of all manner of life challenges and suffering. I know that the work I do helps others, while at the same time helps myself to be a more compassionate life-affirming person.

Nikki Croft brings commerce and literary degrees to her work as a professional communicator. She promoted Calgary universities abroad successfully for more than a dozen years and now works mainly with Returning to Spirit, an Indigenous reconciliation program. Her work involves travel, often to Winnipeg, but also to Ottawa for the Truth & Reconciliation Commission closing in 2015. Originally from Montreal, she has belonged to UCC for 18 years. She taught RE and edited the RE newsletter for three years. Nikki's daughter is Mahni Bruce. She is married to Ken Wawro. As a blended family they have four children and two grandchildren, Savanna and Emersyn ("Emmy").

How to Reach UCC Staff

Minister
Rev. Debra Faulk
debra@unitarianscalgary.org
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Intern Minister
Danielle Webber
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Director of Religious Exploration /
Youth Program Coordinator
Shannon Mang
dre@unitarianscalgary.org
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Music Director
Jane Perry
music@unitarianscalgary.org

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



Publishing the Quest

The UCC Quest is published 11 times per year by the Unitarian Church of Calgary. Electronic copies are available at www.unitarianscalgary.org/newsletter/. Submissions of articles, photographs, and event announcements are encouraged. Questions about the Quest, please email, quest@unitarianscalgary.org. ***The Quest Deadline is the 15th of every month except for July.***

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