

The Quest

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Unitarian Church of Calgary
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May 2017 Services: Compassion

May 7 - Through the Ages

Our beloved community includes people of all ages, at all stages of life. We celebrate that the faith journey is a lifelong process, a journey rather than a destination. This morning we will offer a Croning/Saging ritual for those who wish to acknowledge that stage of their lives as well as a dedication of the newest members of our community, the babies or those children who wish a naming ceremony.

Presenter: Rev Debra Faulk

Service Leaders: Lay Chaplains: Bev Webber and Carl Svoboda

Music: Jane Perry, Music Director with UUphonia

If you would like to participate please let Rev Debra know.

May 14 - Ripples of Compassion

The Grateful Dead Song Ripple will be featured: "There is a road, no simple highway / Between the dawn and the dark of night / And if you go, no one may follow / That path is for your steps alone" We will explore compassion for self and family, with all its particular complexity and challenge.

Presenter: Debra Faulk

Service Leader: Lynn Nugent

Music: Greg O'Neill and friends

May 21 - Compassion: A Prime Directive

Theologian Karen Armstrong gathered leaders from many faith traditions to create a Compassion Charter. She suggests that compassion is the bridge between differences and is the prime directive of religion. In 2012, this congregation voted to sign the Charter for Compassion, how is it being lived in community?

Presenter: Kathryn Burwash and Martin Watson (tbc)

Service Leader: Lynn Nugent

Music: Jane Perry, Music Director

May 28 - Diversity Compassion

Compassion invites us to move ourselves from the centre of things and place another there, to delve into the possibility of understanding from another's perspective and with that shift in perspective to support and stand in solidarity in a deeper more meaningful way. It is a counter-cultural invitation. Will you accept it? Special musical guest Rae Spoon will share music and reflections about compassion for trans/nonbinary identities as an aspect of this invitation.

Presenter: Debra Faulk

Service Leader: Pam Rickey

Music: Jane Perry, Music Director with special musical guest Rae Spoon





Debra's Deliberations

I write this while in transit as a member of the delegation from the Calgary Interfaith Council in Amman Jordan. We're here to receive an award in recognition of the work that was done for Interfaith Harmony Week in February. That event and the intent of interfaith work in the broad scope is to educate ourselves, to learn, to more than accept, to honour, our differences. While I am heartened by some of the results of work that has been and is being done, I feel challenged by how much more there is to do, by how much religious fundamentalism and/or intolerance fuels violence and oppression.

Difference as a fuel for violence and oppression is not limited to religious difference. One of the most challenging and yet most important stops on my itinerary thus far has been to the Killing Fields in Cambodia. It is such a challenge to comprehend the capacity of such vicious inhumanity enacted in the name of an 'ideal' – again the challenge of 'difference'. I thought about the themes of last month, resistance, and this month, compassion, and felt layers of understanding of both these concepts in a deeper way. In the face of the Khmer Rouge, the mere act of wearing eye-glasses or being able to read was perceived as 'resistance', punishable by torture and death. And yet the people that I met, all touched in some way by this experience, were kind and friendly, and so incredibly resilient.

Regarding Canadian Indigenous People and our own country's experience of implementing policies and strategies to erase the 'difference', and how the colonial mindset of the time validated such policies, it is our responsibility to uncover the ways that those biases still influence our current situation. We have our work to do. This is not easy work and I am so hopeful that as a congregation we will be willing to have these difficult conversations: the personal and the collective work of unveiling systemic injustice.

Concurrently, there is the controversy and challenge within the Unitarian Universalist denomination in the United States regarding the term 'White supremacy culture'. Did you have a gut reaction to that language? I did. *Why "white supremacy" as the term here? It conjures up images of hoods and mobs. Here, we mean: "White supremacy as a set of institutional assumptions and practices, often operating unconsciously, that tend to benefit white people and exclude people of color." In 2017, actual "white supremacists" are not required in order to uphold white supremacist culture. Building a faith full of people who understand that key distinction is essential.... **

As I watch and read about the controversy, while I continue to reflect on Truth, Healing and Reconciliation work, it exposes new layers of understanding about just what white privilege is, and about what it will mean to decolonize our own structures. It reveals in a more poignant way the need to address the impact of systemic privilege, of challenging 'difference' as a problem to be eliminated. Just imagine if there was only one kind of flower in the world or just one colour.

Namaste, Debra

* <http://tinyurl.com/luumzou>

*4-Others for May: Calgary Outlink

Calgary Outlink promotes support and community connectedness for all gender and sexually diverse people. It offers peer support, peer groups, connections to the LGBTQ+ community, access to resources, and educational opportunities, aiming to foster unity and resilience among its members. The Youth Group chose the 4-Others recipient for May.

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

Debra's Hours

Office Hours:

Wednesday 10am – 6p.m.

Thursday: 9a.m. – 5p.m.

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

Other times, please book an appointment.

(403) 702-6486

Shavings from the Board

As I come to the end of my term as President of your Board of Trustees, I want to thank the many people in the congregation who have given me their suggestions and help. The Board members have been great, and our Minister Debra Faulk has been unstinting in her support and her creativity. I have been impressed by the great work and professionalism of all our staff, too.

I'm staying on the Board for one more year as Vice-President to help our incoming President Ned Leavitt as he takes over the reins. I'm sure he'll do a fine job.

It has been a privilege to serve as President of your Board of Trustees.

Please plan to attend the Annual General Meeting on Sunday May 7.

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



May2016 Kudos!

This month we recognize and thank:

- Marie Collins and her team for their contributions towards making Brian Dorscht's celebration of life a meaningful and memorable event.
- The Soup Troop, for making and delivering food for Brian's family.
- UUphonia members for the film night showing of The Life of Brian.
- Marsha Haug for being Stand-In DRE on March 19 and Heather Walker for being Stand-In DRE on April 16 for Shannon's monthly Sundays off.
- Liz Blackstock and the cooks who participated in Caring Cooking Connection, preparing meals for those in need.
- Eric Leavitt and all who helped with the Easter Sunday brunch.
- Docia Lysne and the soup makers for Souper Sunday.
- Jeff Gruttz and others for great work making the Wickenden screen operate smoothly.
- Jeff Gruttz and Dick Wilson for installing the thermostat in the basement to provide better heating.
- Thanks again to the Stewardship team (Greg O'Neill, Duff Bond, Brandis Purcell, Anita Blackstaffe) for creative and energetic work on this year's Stewardship campaign.
- The Finance Committee for their work on the budget.
- The Second Sunday kitchen team of Dean Kasner, Carolyn Preston, Linda Brown and Fay Giroux - set-up youth and Shannon - clean-up Pam and Robert Rickey, Penney Kome and others.

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

♪ UpBeat News with Jane Perry ♪

Kudos for a Colossal Cabaret! Thanks to the Cabaret Production Team, the Cabaret Creative Team, our AV crew and stage manager, emcee Sheila Ward, the band, the legions of volunteers, our fantastic audience, and always and as ever our un-auditioned mixed-voice choir UUphonia for a thoroughly entertaining Cabaret 2017 on the last weekend in April. A good time was had by all!



A Community of Love. Our dear friend and past UCC Music Director Brian Dorscht passed away on Sunday, April 9, 2017 after a long journey with cancer. Several UUphonia singers offered help to Brian along the road, showing the generosity, love and kindness that are hallmarks of a compassionate community. Special thanks to Brian's Brigade (led by Leslie Buckle, Bev Webber, and Jamie Davison) for providing drives to and from chemo appointments and delivery of casseroles and groceries. And a shout-out to the Soup Troop (led by Bev Webber), a group of sixteen cooks who made soups and stews for Brian's two daughters and their partners to support them while they supported Brian in hospice.

Sing of Spring... with UUphonia! Now that Cabaret is over, UUphonia will start learning new repertoire for spring Sunday services and for our big gospel-music concert coming up in November 2017. That means it's a great time for new singers to come and join us! No audition required — just show up to any rehearsal and we'll give you a warm welcome. Thursday evenings from 7:30pm to 9:30pm in Panabaker Hall.

Resident Choirs in Concert! You can catch three of our resident choirs in concert this month. Mark the dates, and help support live choral music in Calgary! Advance tickets for these events are available through www.brownpapertickets.com.

Sunday, May 7 at 7:30pm: Calgary Renaissance Singers & Players present "Renaissance Meets Klezmer!", a concert of music by Jewish composer and on Jewish texts. The guest musician is the superlative Calgary clarinetist Frank Rackow. Also featuring violinist Andrea Neumann, pianist Jane Perry, and the Players. Conducted by Jane Perry. Pre-concert talk at 7:00pm. Temple B'nai Tikvah (900 47 Avenue SW). www.renaissance-singers.com

Saturday, May 13 at 7:30pm: Vocal Latitudes presents its annual Spring Concert, this year entitled "For the Beauty of the Earth." With pianist Faye White and guest musicians Robin Tufts, Christie Simmons, and the Quintessential Singers. Conducted by Frank Rackow. Unitarian Church of Calgary. www.vocalitudes.org

Saturday, May 27 at 7:30pm: One Voice Chorus presents "Prairie Queer Companion", a concert about the coming-out experience on the Canadian prairies and featuring "Watershed Stories I" by Regina composer David L. McIntyre. The guest artist is the Polaris-prize-nominated singer-songwriter Rae Spoon. Conducted by Jane Perry. St. Stephen's Anglican Church (1121 14 Avenue SW.) www.onevoicechorus.ca



Religious Exploration Program

Special Guest Jordan Mang Wooley from Blue Mountain Biodynamic Farms visited the children's program on April 2. It was a cold and snowy morning on April 2, but three engaged children showed up to hear Jordan talk about life on an organic farm. We all dreamed about, and made drawings of our "ideal farm" and then planted organic zucchini, squash, calendula and snow pea seeds.



And it was another cold and wet morning the next Sunday on April 9, but the children and leaders bravely ventured outside to the courtyard to become more familiar with the trees. We learned that the trees in the courtyard have different kinds of bark and most of them were showing evidence of buds getting ready to leaf out. Over the next several weeks we will continue to watch our trees to see how they change as the weather becomes warmer. Outside is also a wonderful place to sing our tree songs and play our tree games. We will continue with the Circle of Trees curriculum through May and June with more special guests coming to spend time with us.



On Easter Sunday morning, Stand-In DRE Heather Walker and Rebekah Mobley-Kasner did an extended Time For All Ages talking with the children about the history of many of the symbols we see at Easter time. The children enjoyed a fun Easter Egg hunt with the help of Sarah Hooper and Libby Kasner.

We have at least one family who will be doing the Climb For Wilderness on April 22, and the children will be running and climbing a circuit around the church building on Sunday, April 23 and collecting change from adults after the service. I hope to have photos for the next Quest.

Also in the next Quest I hope to have the youth reporting back from the CanUUdle Youth Con over the May Long Weekend!

Anyone interested in camping with the Saskatoon UU Fellowship at beautiful Cypress Hills Interprovincial Park July 30-August 4 can book a camp site now at <http://ucsaskatoon.org/prairie-camp/>

ARE Invites You to Share Coffee and Your Ideas

Planning has begun for fall 2017 and winter 2018 Adult Religious Education (ARE) Programs. Some ideas being considered are: Build Your Own Theology I and the quintessential Canadian Unitarian program Truth, Healing and Reconciliation. I am excited to let you know that Our Whole Lives (Adult) program will be offered September to December 2017 by Bev & Jeff Webber.

An emerging trend for adult religious programming are online programs. A few organizations offering online programs are the Charter of Compassion Education Institute (<http://tinyurl.com/m8kyhbw>) and the UU Leadership Institute (<http://www.uuinstitute.org/on-demand-courses/>). Some of the programs are run over a few months, some are available at your convenience. Take a look at some of the programs and see if they appeal to you. Would you consider joining a group here in Calgary to discuss the ideas in more detail?

Another idea under consideration is a book discussion group which could meet 4 to 8 times over the fall and winter. In the past, a group met and shared thoughts and ideas for Karen Armstrong's Twelve steps to a compassionate life. Would you like to be part of a group discussing this book again? Do you have suggestions for another serial group book discussion?

You are welcome to share your ideas on what you might like for adult religious exploration. Stop by for an informal chat with Wendy Benson after church on May 7th or 14th. Look for a bright green Adult Religious Education sign on a Wickenden café table.

Feedback may also be sent by email adultprograms@unitarianscalgary.org.

Wendy Benson, Adult Religious Exploration Committee

Summer Services

Our summer services are more casual and most are lay led. If you have a topic you would like to explore/share please consider signing up for one of the available weeks. You can also offer to support a service as the welcoming presence on a Sunday or two when you know you will be in town. There is a sign-up sheet in Wickenden or email churchservices@unitarianscalgary.org

Western Regional Gathering

Our congregation will be hosting the Western Regional Gathering (WRG) and Youth Conference the week-end after Thanksgiving, October 13-15. Planning is coming along with the venue, keynote speaker and some other aspects of program already in place. It will require volunteer support of all kinds so please let Mich know if you have some time to share. There is something for everyone before and during the event.



Mark Your Calendars; Pub Nights: May 3rd & June 7th

Mark your calendar now to join us 7pm – 9:30pm on Wednesday, May 3rd and Wednesday June 7th for our pub nights at Getto Boys, 720 16th Ave NW.

There were 14 of us there on April 5th; we took over the quiet lower level and had some excellent discussions. It was a chance to continue the conversations we started at coffee hour...and just wished we had more time for. And enjoy a good selection of drinks and food (including many gluten free and vegetarian options). Parking is available on the east side of the building. Hope to see you there!

Moving with Spirit:

Dances of Universal Peace and Sacred Circle Dances

with Ronnie Joy Leah, Sunday afternoon, 2-4:30 pm, Wickenden Hall May 28

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

Funds to The Church - Purchase Co-Op Gift Cards

The church receives 4% of gift card orders totaling less than \$5000

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

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

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

Gift card orders - Sunday, May 7, 2017

Gift card pickup - Sunday, May 14, 2017

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

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

That's how easy it is!

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



What Does It Mean To Be a Person of Compassion?

*For me, forgiveness and compassion are always linked:
how do we hold people accountable for wrongdoing and yet
at the same time remain in touch with their humanity
enough to believe in their capacity to be transformed?
bell hooks*

In 2012 this congregation voted to, as a community, a religious community to sign the Charter of Compassion, a document which states:

The principle of compassion lies at the heart of all religious, ethical and spiritual traditions, calling us always to treat all others as we wish to be treated ourselves. Compassion impels us to work tirelessly to alleviate the suffering of our fellow creatures, to dethrone ourselves from the centre of our world and put another there, and to honour the inviolable sanctity of every single human being, treating everybody, without exception, with absolute justice, equity and respect.

It is also necessary in both public and private life to refrain consistently and empathically from inflicting pain. To act or speak violently out of spite, chauvinism, or self-interest, to impoverish, exploit or deny basic rights to anybody, and to incite hatred by denigrating others—even our enemies—is a denial of our common humanity. We acknowledge that we have failed to live compassionately and that some have even increased the sum of human misery in the name of religion.

This is a powerful statement and a rally cry for Interfaith Harmony, for the recognition that faith, if it is genuine, calls us to compassion. Demands that we acknowledge the common human experience of pain and suffering, not denying it rather move into it with intention to expand our capacity to embrace the other.

This engagement with compassion deepens the commitment we have already made when many of us studied Karen Armstrong's book Twelve Step to a Compassionate Life. Our 1st Principle of affirmation of the inherent worth and dignity of every person articulates this call to compassion and it is no easy thing. This month let us engage and explore the capacity we each have for compassion.

Namaste
Debra

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



Our Spiritual Exercises

Option A: "Show a Little Compassion for Yourself"

It stuck out as if written in neon lights: "If your compassion does not include yourself, it is incomplete." That was written by Buddhist writer and teacher, Jack Kornfield. He also wrote this: "Sometimes a firm "no" or "I can't" or "I won't allow that; it is beyond my limit" is the most spiritual and compassionate thing we can say."

So it's not all about saying no to yourself! Or thinking about yourself less! As Kornfield reminds us, compassion and sensitivity toward others is no good for anyone if it isn't built upon sensitivity toward oneself. Thus, a monthly spiritual exercise: FIND A WAY TO BE COMPASSIONATE WITH YOURSELF.

This may be trickier than it seems. It is not simply about being nice to or pampering yourself. As with compassion for others, compassion for yourself begins with a clear recognition of pain and then moves from there to an act that strives to relieve that pain.

Maybe that means forgiving yourself. Or finding a way to say, "I'm ok the way I am." Judging and beating ourselves up are two of the least compassionate acts we inflict on ourselves. How do you beat yourself up? And what might it mean to stop it?

Option B: Loving Kindness Meditation

Begin by sitting down in a comfortable position, closing your eyes. Sit with your back erect, without being strained or overarched. Take a few deep breaths, relax your body. Feel your energy settle into your body and into the moment. See if certain phrases emerge from your heart that express what you wish most deeply for yourself, not just for today, but in an enduring way. Phrases that are big enough and general enough that you can ultimately wish them for all of life, for all beings everywhere.

Classical phrases are things like, "May I live in safety. May I be happy. May I be healthy. May I live with ease."

Gently repeat these phrases over and over again, have your mind rest in the phrases and whenever you find your attention has wandered, don't worry about it. When you recognize you've lost touch with the moment, see if you can gently let go and begin again.

Call to mind somebody you care about—a good friend, or someone who's helped you in your life, someone who inspires you. You can visualize them, say their name to yourself. Get a feeling for their presence, and then direct the phrases of loving kindness to them. May you live in safety, be happy, be healthy, live with ease.

Call to mind someone or some situation that is struggling. Repeat process

Call to mind someone who or a situation that challenges you. Repeat process.

Call to mind all beings, all people, all animals, all creatures, all those in existence, near and far, known to us and unknown to us. All beings on the earth, in the air, in the water. Those being born, those dying.

May all beings everywhere live in safety, be happy, be healthy, live with ease.

As you call to mind your hopes for these wider and wider circles of being, you might try to imagine yourself "breathing in" concerns, taking them into your heart, transforming that into loving kindness and then "breathing out" compassion into the world.

You feel the energy of this aspiration extending infinitely in front of you, to either side, behind you, above and below. As the heart extends in a boundless way, leaving no one out, may all beings live in safety, be happy, be healthy, live with ease. When you feel ready, you can open your eyes and see if you can bring this energy with you throughout the day.

Listen to this spoken out loud at: <http://tinyurl.com/ljydg5>

Watch a different version at: http://www.youtube.com/watch?v=CaQTqFh_9Kk



Option C: Charter of Compassion Commitment

Go to the Charter of Compassion website. Read the Charter Statement and sign on if you choose (totally optional). Consider printing it, posting it in a place where you, and your whole family, will see it every day. Try to intentionally read it daily. Notice if it shifts your relationships. Is your capacity for understanding expanded?

The principle of compassion lies at the heart of all religious, ethical and spiritual traditions, calling us always to treat all others as we wish to be treated ourselves. Compassion impels us to work tirelessly to alleviate the suffering of our fellow creatures, to dethrone ourselves from the center of our world and put another there, and to honour the inviolable sanctity of every single human being, treating everybody, without exception, with absolute justice, equity, and respect.

It is also necessary in both public and private life to refrain consistently and empathically from inflicting pain.

To act or speak violently out of spite, chauvinism, or self-interest, to impoverish, exploit or deny basic rights to anybody, and to incite hatred by denigrating others—even our enemies—is a denial of our common humanity. We acknowledge that we have failed to live compassionately and that some have even increased the sum of human misery in the name of religion.

We therefore call upon all men and women ~ to restore compassion to the center of morality and religion
to return to the ancient principle that any interpretation of scripture that breeds violence, hatred or disdain is illegitimate

to ensure that youth are given accurate and respectful information about other traditions, religions, and cultures

to encourage a positive appreciation of cultural and religious diversity ~ to cultivate an informed empathy with the suffering of all human beings—even those regarded as enemies.

We urgently need to make compassion a clear, luminous, and dynamic force in our polarized world.

Rooted in a principled determination to transcend selfishness, compassion can break down political, dogmatic, ideological, and religious boundaries.

Born of our deep interdependence, compassion is essential to human relationships and to a fulfilled humanity. It is the path to enlightenment, and indispensable to the creation of a just economy and a peaceful global community.

Option D: What Idol is Undermining Your Compassion?

In her interview with Bill Moyers, Karen Armstrong speaks to the clash between compassion and the tendency to see one's views as absolute truth:

“Compassion doesn’t mean feeling sorry for people. It doesn’t mean pity. It means putting yourself in the position of the other, learning about the other, learning what’s motivating the other, learning about their grievances...understanding their pain, their humanity... The three monotheisms – Judaism, Christianity and Islam – have a besetting tendency: that is idolatry, taking a human idea of God, a human doctrine, and making it absolute, putting it in the place of God. Now, there have been secular idolatries too. Nationalism was a great idolatry. The state can be one too... We are constantly creating these idols, erecting a purely human ideal or value to the supreme reality. Once you’ve made something essentially finite, once you’ve made it an absolute, it has to then destroy any rival claimants, because there can only be one absolute...”

It’s easy keep this idea at a distance. After all, we Unitarian Universalists are not big on dogma and theological absolutes. But what about personal absolutes? What about the way we elevate every day beliefs to the status of “supreme reality”? Our co-worker is a power-hungry control freak? Our mother is co-dependent and lacks the courage to stick up for herself. Our brother-in-law is a racist. Having made these “absolute,” what “rival claimants” have we destroyed? In other words, what other truth about these people have we had to ignore? How has this undermined our ability to be compassionate? You get the picture. It’s not just Jews and Palestinians, Sunni and Shiite, ... who allow their “idolatry” to short-circuit their compassion. We’ve all got our compassion destroying idols. What’s yours? And what do you need to do to dismantle it? Another important way to put this is to say: How is your stubborn, partial thinking getting in the way of you giving compassion to someone who needs it?!



The following options were provided by the Canadian Truth, Healing, and Reconciliation Team.

Option E: Compassion and Justice (THR)

What is the relationship between feelings of compassion and support for justice?

Consider this quote: “The fact that Canadians shy away from honestly appreciating aboriginal title is about more than just boredom. Many Canadians enjoy the emotional benefits of projecting their compassion on Aboriginal Canadians in need — as an expiation of lingering colonial guilt. Their efforts to raise living standards — which give them a greater say over land use — are perceived as a choice made by the more powerful party.”

Read the editorial from which this quote was taken, ‘Aboriginal title isn’t about compassion - it’s about law’

<http://tinyurl.com/lbtrx2l>

During this month, bring curiosity to your responses about issues relating to Indigenous peoples. Consider the role of compassion: does it help us engage with the suffering of other human beings? When can it condescend into pity? How do you help yourself distinguish between these two? Come back to the group with something you learned about your own responses and how compassion can instead support the Unitarian principle which promotes justice, equity and compassion in human relations.

Option F: Worldview Impact on Compassion? (THR)

Our strength lies in appreciating and learning from the similarities and differences between Indigenous and non-Indigenous worldviews which contribute to fair, inclusive and healthy communities for all people. Understanding more about each other’s worldview can bring greater compassion for how the differences impact each other’s lives.

What cultures do you come from? How do they affect your worldview?

Spend 5 minutes writing down some brief points about what you know about some common traits of Indigenous worldviews and some of the common traits of the dominant Western worldview?

Then read ‘**Indigenous Peoples Worldviews vs Western Worldviews**’ posted by Bob Joseph on the ‘Working Effectively with Indigenous Peoples’ Blog: <http://tinyurl.com/hvrrux3>

If you are an Indigenous person, identify in what ways your own cultural backgrounds and worldviews are similar and different than other Indigenous cultures and worldviews you know of. Consider how they are similar and different than the dominant Euro-Canadian worldview.

If you are a non-Indigenous person, identify in what ways your own cultural backgrounds and worldviews are similar and different than Indigenous cultures and worldviews. Come back to the group with something you learned about the impact of worldviews on relations between Indigenous and non-Indigenous peoples, and how what you may have learned affects your sense of compassion.



Your Question

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

- 1) What is your definition/understanding of the concept of compassion?
- 2) What were you taught about compassion growing up? What early notions about compassion do you want to leave behind? Reclaim?
- 3) Can you extend compassion to those you disagree with or are in conflict?
- 4) Are there limits to your capacity for compassion? If so can you identify them?
- 5) What is the difference between compassion and kindness?
- 6) What is the difference between compassion and pity?
- 7) Do you agree that the "principle of compassion lies at the heart of all religious, ethical and spiritual traditions, calling us always to treat all others as we wish to be treated ourselves."?
- 8) What question came up for you in the process of engaging compassion?

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 Compassion".

Wise Words/Quotes

Holding to the Constant
Break into the peace within,
Hold attention in stillness,
And in the world outside
You will ably master the ten thousand things.

All things rise and flourish
Then go back to their roots.
Seeing this return brings true rest,
Where you discover who you really are.
Knowing who you are, you will find the constant.
Those who lack harmony with the constant court danger,

But those who have it gain new vision.
They act with compassion;
within themselves, they can find room for everything.
Having room, they rule themselves and lead others wisely.
Being wise, they live in accordance with the nature of things.
Emptied of self and one with nature,
They become filled with the Tao.
The Tao endures forever.
For those who have attained harmony with the Tao
will never lose it,
Even if their bodies die. - Lao Tzu



All major religious traditions carry basically the same message, that is love, compassion and forgiveness the important thing is they should be part of our daily lives.

Dalai Lama

And as I've gotten older, I've had more of a tendency to look for people who live by kindness, tolerance, compassion, a gentler way of looking at things.

Martin Scorsese

May we creatures of bone and tissue

know our bodies well:

the fourth rib, and how it rises

higher than the third, not so high as fifth;

how it feels to the thumb, slowly traced,

and under it, how the heart rests.

May we know that space where

no ribs lie, and unshielded, we bend.

May we know the bottom of each

toe, and that tender arch where

no skin touches ground;

also skin smoothed soft by clothing.

May we know the quick curve of the head

before it sits on the spine,

and the tiny hollow just behind the ear;

the length of the forearm,

lifting food to lips, and how the lips become

a circle, waiting—and knowing this,

cease our study of war. —Nancy Shaffer

The principle of compassion lies at the heart of all religious, ethical and spiritual traditions, calling us always to treat all others as we wish to be treated ourselves. Karen Armstrong

My experience is that people who have been through painful, difficult times are filled with compassion.

Amy Grant

Compassion impels us to work tirelessly to alleviate the suffering of our fellow creatures, to dethrone ourselves from the centre of our worlds and put another there, and to honour the inviolable sanctity of every single human being, treating everybody, without exception, with absolute justice, equity and respect. Karen Armstrong

Compassion alone stands apart from the continuous traffic between good and evil proceeding within us.

Eric Hoffer

Compassion automatically invites you to relate with people because you no longer regard people as a drain on your energy. Chogyam Trungpa

Compassion is sometimes the fatal capacity for feeling what it is like to live inside somebody else's skin. It is the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you too.

Frederick Buechner

The Dalai Lama said that he thinks mother's love is the best symbol for love and compassion, because it is totally disinterested. Richard Gere

The final causes, then, of compassion are to prevent and to relieve misery. Joseph Butler

The individual is capable of both great compassion and great indifference. He has it within his means to nourish the former and outgrow the latter. Norman Cousins

The purpose of human life is to serve, and to show compassion and the will to help others.

Albert Schweitzer

The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another. Thomas Merton

What we all have in common is an appreciation of kindness and compassion; all the religions have this. We all lean towards love. Richard Gere

Whether one believes in a religion or not, and whether one believes in rebirth or not, there isn't anyone who doesn't appreciate kindness and compassion.

Dalai Lama





Compassion will cure more sins than condemnation.
Henry Ward Beecher

Compassion, in which all ethics must take root, can only attain its full breadth and depth if it embraces all living creatures and does not limit itself to mankind.
Albert Schweitzer

Difficult as it is really to listen to someone in affliction, it is just as difficult for him to know that compassion is listening to him. Simone Weil

Have compassion for all beings, rich and poor alike; each has their suffering. Some suffer too much, others too little. Buddha

However, without considering this connection, there is no doubt but that more good than evil, more delight than sorrow, arises from compassion itself; there being so many things which balance the sorrow of it.
Joseph Butler

I believe that man will not merely endure; he will prevail. He is immortal, not because he alone among the creatures has an inexhaustible voice, but because he has a soul, a spirit capable of kindness and compassion.
William Falconer

At the end of the day, love and compassion will win.
Terry Waite

I can do no other than be reverent before everything that is called life. I can do no other than to have compassion for all that is called life. That is the beginning and the foundation of all ethics. Albert Schweitzer

I do it because I want to exercise people's compassion and I do it because I really believe that for some reason what I do is important and meaningful. Kyra Sedgwick

I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures.
Lao Tzu

I just don't know that shame and fear need to be our teachers; rather, compassion, understanding, and love should be our guides. Kyan Douglas

If you want others to be happy, practice compassion. If you want to be happy, practice compassion. Dalai Lama

If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.
Francis of Assisi

Love and compassion are necessities, not luxuries. Without them humanity cannot survive. Dalai Lama

One's life has value so long as one attributes value to the life of others, by means of love, friendship, indignation and compassion. Simone de Beauvoir

Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty. Albert Einstein

Pain and sorrow and misery have a right to our assistance: compassion puts us in mind of the debt, and that we owe it to ourselves as well as to the distressed.
Joseph Butler

Righteous is the one who was able to demonstrate compassion in face of human suffering.
Aleksander Kwasniewski

Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity. Buddha

I think one of the best words in the English language is compassion. I think it holds everything. It holds love, it holds care... and if everybody just did something. We all make a difference. Michael Crawford

If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.
Francis of Assisi

One's life has value so long as one attributes value to the life of others, by means of love, friendship, indignation and compassion. Simone de Beauvoir

Our sorrows and wounds are healed only when we touch them with compassion. Jack Kornfield



Make no judgements where you have no compassion.
Anne McCaffrey

"The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another." Thomas Merton

Online Resources

Bill Moyers Journal: Interview with Karen Armstrong

With economic, political, and social strife across the globe, prominent religious scholar Karen Armstrong discusses our human commonalities and her work on an international charter for compassion.

Podcast: <http://tinyurl.com/bnljkk>

Transcript: <http://tinyurl.com/bguwju>

Charter for Compassion Website

<http://charterforcompassion.org/>

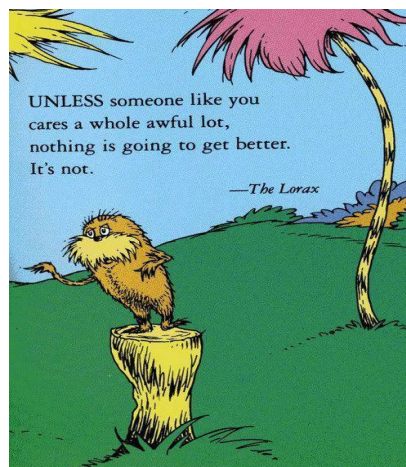
Originally the vision of Karen Armstrong, this effort brings together voices and prominent religious leaders from all cultures and religions to remind the world we already share the core principles of compassion.

<http://charterforcompassion.org/learn/history/>

Video of the speech where Karen Armstrong wins the TED Prize and makes her wish to have the TED community help her create, launch, and propagate a Charter for Compassion.

<http://charterforcompassion.org/learn/talks>

Watch these six short talks on compassion from six different perspectives.



Books

12 Steps to a Compassionate Life – Karen Armstrong

The Gifts of Imperfection – Brené Brown

"Courage, compassion, and connection: Through Brené's research, observations, and guidance, these three little words can open the door to amazing change in your life." (Ali Edwards)

The Compassionate Mind – Paul Gilbert

Based on evolutionary research and scientific studies of how the brain processes emotional information, this compassionate approach offers an appealing alternative to the traditional western view of compassion, which sometimes sees it as a sign of weakness.

How to Heal a Broken Wing – Bob Graham

Children's book

The Lorax: Chronicles the plight of the environment and the Lorax, who speaks for the trees.

Movies

Schindler's List: True story of the life of Oskar Schindler from member of the Nazi Party to a protector of the Jews.

Pay It Forward: The life of 12-year-old Trevor McKinney changes completely when he receives a class assignment to do something that would change the world for the better.

My Neighbor Totoro: An animated family movie about friendship.

Edward Scissorhands: Dark, yet sweet, underdog tale for older kids. (13+)

To Kill a Mockingbird: Scout Finch's father, Atticus Finch, is an attorney who hopelessly strives to prove the innocence of a black man unjustly accused of rape.

The Elephant Man: John Merrick is an intelligent and friendly man, but he is hated by his Victorian-era English society because he is severely deformed. Based on a true story.

UCC Community Garden

Did you know that the UCC has a community garden (under the auspices of the Green Sanctuary Committee) – 16 garden boxes on the west side of the church? Perhaps you have looked with envy at all the luscious veggies growing there and wished you had one of those boxes so you could grow your own salads? Well you are in luck – a few boxes will be available this spring for new gardeners; UCC members are given first priority. There is a nominal fee to use the box. Community garden members are also asked to do a small amount of maintenance work in the greater garden area as well as enhancing the soil in their box (all laid out in a Garden Agreement that all members sign). If you are interested please submit your name by May 8. Contact Sheila Ward at ssgward@shaw.ca or 403-284-9400 for information and to indicate your interest.

Second Sunday Supper

There will not be a Second Sunday Supper in May though mark your calendars now for the final one of the program year on June 11th, a get ready for summer BarBQ! As we look forward to September we will be re-evaluating this activity and it will continue only perhaps differently, if there is a committed team to manage it.

Souper Sundays

These happen on the 4th Sunday of the month. Pots of fabulous homemade soups are shared following the service. Many hands make light work, consider volunteering to bring soup, buns or to help set / clean up. It is helpful to know how many pots are coming so please do sign-up in Wickenden or online at <http://signup.com/go/pasBcs>

Church Services Ministry Team

We had a very successful kick-off to the Church Services Ministry Team. Sadly we have lost a couple of members of the team, Brian Dorscht passed away and Pam Rickey will be travelling most of next year so we are recruiting 2-4 more people. This team works closely with Rev Debra to explore and support all aspects of church services (Sunday mornings, special services). What is the intention and purpose of our communal time together? The hows and whys of our choices of themes, music, structure of a service; why we do things the way we do ... This year the team decided to meet every few months for ½ day with Debra. This may be altered depending on the new team for 2017-18. Contact Debra with any questions or expressions of interest.

CYPT Brian Dorscht Memorial Scholarship Fund

In collaboration with Brian's daughters and CYPT leadership we are setting up a Memorial Scholarship fund. If you would like to contribute please make cheques payable to UCC with Dorscht Fund in the memo line. Contact Rev Debra or Marie Collins if you have questions.

Croning and Saging May 7th

As cultural norms shift around aging, the term saging is becoming recognized as an affirming term that includes continued personal growth and social contribution. On May 7th we will honour those entering this stage of life the stage of crone for women, the full circle of maiden, mother, crone. Those identifying as other than female will be welcomed as sages, the elder time of life. We offer this ceremony every four or five years. Please contact Rev. Debra if you wish to be included in the ceremony.

Congratulations to May's Volunteer of the Month!

Yoseth Diaz Ramirez

Yoseth and her family have been a part of our church community since 2015. In that short time Yoseth has gotten involved in many areas of the church.

Shannon Mang notes:

Yoseth has been a wonderful asset to the CYRE program since their family arrived. Yoseth and David did a major cleaning and organization of the CYRE storage room last year. Yoseth took a lead role for two years with the Mid-Winter pageant, preparing costumes and props. Yoseth has been one of my "on-call" volunteers, and has stepped in numerous times on short notice to help on Sundays in the Nursery and the children's program. Last year Yoseth agreed to help me with Secret Buddies, and came up with the idea of the postal worker to help the program run smoothly.

About the Mid-Winter pageant Heather Walker adds:

Yoseth followed through on the labour intensive weaving of the "dream catcher" suns! As we worked on them, taking over her whole living room, she commented how this was how her gramps would weave his fishing nets - so the art became a real multicultural fusion of modern and classic! Yoseth made them well and made them sparkle!!

Yoseth has also pitched in with Second Sunday Suppers, setting up tables and chairs, cutlery, and the coffee and tea stations.

Yoseth has also been involved with the Music Committee, working as a greeter, on reception duty, and in "specialty" tickets sales. She is noted for being gracious, helpful, friendly, and welcoming with everyone she meets.

Yoseth, her husband David Romero, daughter Camilla and new baby Gisela are valued members of our church community. Thank you Yoseth for all that you do!



Volunteer Opportunities/Committee Engagement

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

Here are a few contacts:

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

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

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

Church Services churchservices@unitarianscalgary.org

Second Sunday Supper sss@unitarianscalgary.org

Unitarian Summer Camping July 30- August 4

Come share some fun camping time this summer with other Unitarians!

Full details at: <http://ucsaskatoon.org/prairie-camp/>

UNITARIANS' PRAIRIE CAMP

July 30 - August 4 2017

Cypress Hills

Campsite cost: \$100

All Ages

A CHOOSE YOUR OWN ADVENTURE HOLIDAY

There are so many things to do in the amazing Cypress Hills campground and park: wildflower walks, the beach, the pool, stargazing, zip lining, and more. The Saskatoon Unitarians provide the shared camping space and marshmallows, and each night everyone gathers around the fire to sing, play games, chat, and make big plans with each other for the next day's adventures.

Not into camping? Join us anyway! There are great cabins and hotels right nearby. Register so we know you'll be joining us, and we'll waive your fee.



Registration deadline is May 31, but we expect to sell out, so book early!

More information and registration: ucsaskatoon.org/prairie-camp




ucsaskatoon.org
office@ucsaskatoon.org



213 2nd St E, Saskatoon | 306 653 2402

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	112:00 PM-P-Piano Lessons 05:30 PM-W-Alto sectional 07:00 PM-P-OVC 07:00 PM-B-Green Sanctuary committ 07:00 PM-W-Wild Rose Sangha	210:00 AM-W-Horticultural Therapy 12:30 PM-P-Piano lessons 06:30 PM-P-Vocal Latitudes rehears	311:00 AM-B-Staff meeting 02:00 PM-B-Membership Committee 04:00 PM-P-Piano lessons 06:00 PM-P-BarberEllas 07:00 PM-P-CRSP rehearsal	410:00 AM-P-Chamber Music Rehearsal 04:30 PM-B-Church Services 06:00 PM-W/K-YYC Growers 07:00 PM-P-UUPhonia rehearsal	510:00 AM-1-Painting lessons 12:00 PM-P/K/W-AGM	609:30 AM-P-CRSP Extra Rehearsal 01:00 PM-P-VL Extra Rehearsal 06:30 PM-W-Contra Dance
708:00 AM-P/W/K-Worship 12:15 PM-P/K-Annual General Mtg	812:00 PM-P-Piano Lessons 06:45 PM-1-Arthritis Support Group 07:00 PM-P-OVC 07:00 PM-W-Wild Rose Sangha	912:30 PM-P-Piano lessons 06:30 PM-P-Vocal Latitudes rehears	1010:00 AM-W-Needlework 11:00 AM-B-Staff meeting 04:00 PM-P-Piano lessons 06:00 PM-P-BarberEllas 06:30 PM-1-Raging Grannies 07:00 PM-P-CRSP rehearsal 07:30 PM-4-AJC	1107:00 AM-W-Jeff Webber Solutions 05:00 PM-B-TLC Facilitators 07:00 PM-P-UUPhonia rehearsal 07:00 PM-B-OVC Sponsorship meeting 07:30 PM-W-Vocal Latitudes	1208:00 AM-K-Salazar cooking 10:00 AM-1-Painting lessons 06:30 PM-B-OVC Board Meeting	1309:00 AM-B-CUC AGM 09:00 AM-K-Mother's Day 06:00 PM-1-CP w/ Amber 06:00 PM-P/W/K-VL Spring concert
1408:00 AM-P/W/K-Worship 01:00 PM-P-OVC sectional rehearsal 03:30 PM-W/K-2nd Sunday Supper	1512:00 PM-P-Piano Lessons 07:00 PM-P-OVC 07:00 PM-W-Wild Rose Sangha	1610:00 AM-W-Horticultural Therapy 12:30 PM-P-Piano lessons 06:30 PM-W-Green Sanctuary present 07:00 PM-P-Council of Canadians	1711:00 AM-B-Staff meeting 02:30 PM-W/K-MacG Reconciliation 04:00 PM-P-Piano lessons 04:30 PM-B-Social Justice Committe	1807:00 PM-P-UUPhonia rehearsal	1910:00 AM-1-Painting lessons	2002:00 PM-W/Bk/K-Covenant of Gaia 07:00 PM-W/Bk/K-Covenant of Gaia
2108:00 AM-P/W/K-Worship	2212:00 PM-P-Piano Lessons 01:00 PM-4-Fall Gathering meeting 07:00 PM-P-OVC 07:00 PM-W-Wild Rose Sangha	2307:30 AM-W/K-Jeff Webber Solutions 12:30 PM-P-Piano lessons 05:30 PM-B-VL Board Meeting 06:30 PM-P-Vocal Latitudes rehears	2407:30 AM-W/K-Jeff Webber Solutions 10:00 AM-4-Needlework circle 11:00 AM-B-Staff meeting 12:00 PM-NR-TLC Prairie Sky 04:00 PM-P-Piano lessons 06:00 PM-1-JMC 06:30 PM-W-Raging Grannies	2507:30 AM-W/K-Jeff Webber Solutions 07:00 PM-P-UUPhonia rehearsal	2610:00 AM-1-Painting lessons 07:00 PM-Listening to Music	27
2808:00 AM-P/W/K-Worship 12:00 PM-B-TLC w/ Duff & Lynn 12:00 PM-1-TLC w/ Ev Dewar 12:15 PM-W-Souper Sunday 01:30 PM-W-Dancing with Spirit	2912:00 PM-P-Piano Lessons 07:00 PM-P-OVC 07:00 PM-W-Wild Rose Sangha	3010:00 AM-W-Horticultural Therapy 12:30 PM-P-Piano lessons	3111:00 AM-B-Staff meeting 04:00 PM-P-Piano lessons	 <p>IN THIS EARTH, IN THIS SOIL, IN THIS PURE FIELD LET'S NOT PLANT ANY SEED OTHER THAN SEEDS OF COMPASSION AND LOVE.</p> <p>RUMI</p>		

How to Reach UCC Staff

Minister

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

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

Music Director

Jane Perry
music@unitarianscalgary.org

Church Administrator

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



Publishing the Quest

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

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

ENEWS

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

Booking Rooms

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

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

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

The Caring Team

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

Monthly Co-Op Card Fundraiser

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

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