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## October 2017 Services: Healing

### October 1<sup>st</sup> Healing Voices

This morning we will have a special Tribute Band offering a selection of music around the theme of healing. The music will be woven together with words and readings to explore aspects of the complex human experience of recognizing wounding/brokenness and the need of healing.

**Presenter:** Rev Debra Faulk

**Service Leader:** Mary Anna Louise Kovar

**Music:** Tribute Band (Cora Castle, Ev Dewar, Hedda Zahner, Jane Perry)

*This morning celebrates that there are people gathered with us from across the prairies for the Western Regional Fall Gathering.*

**Presenters:** Ministers of Western Region

**Music:** Tony Turner, Jane Perry, and UUphonia +WRFG Friends

*(Special invitation to those wishing to join the choir for this morning to gather at 9:30)*

### October 22<sup>nd</sup> Healing the World Begins with Me

The work of healing is life-long and in many ways a gift of the human experience. This morning explores dimensions of this journey.

**Presenters:** Lynn Nugent & Rev Debra Faulk

**Music:** Guest Musician

Today we honour and celebrate Lay Chaplains and the Lay Chaplaincy program.

### October 8<sup>th</sup> Eyes Wide Open

The willingness to explore the depths of brokenness in the world is an opening into its healing. We are called be informed about the impacts of limited/changing resources, and population shifts. How does our faith community support the awareness, the pain of holding and responding to it.

**Presenters:** Rev Debra Faulk and Penney Kome

**Service Leader:** Lynn Nugent

**Music:** Jane Perry

### October 15<sup>th</sup> Envision, Engage, Energize

**Envision** the world we want, **engage** in work to address what inhibits its actualization, in ourselves, our communities and beyond, then **energize** to be agents of transformation or at least social disrupters.

### October 29<sup>th</sup> Spooky Spirit Jam

Spirit Jam services are multigenerational with some shared time and some time in smaller groups for activities – this session will include: 1) music – of course 2) The Veil is Thin, exploring Samhain, 3) Costume Parade Prep 4) Surprise



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## Debra's Deliberations

My Deliberations this month are an invitation to some of the most important work I think we can be doing: addressing the Truth, Healing and Reconciliation Commission's (THRC) Calls to Action. I will weave this into services as well as including specific material in the monthly Reflections.



When the TRC had its closing ceremony in Edmonton, Unitarians were there and contributed a small chalice to the memory box along with a commitment to learn and engage the Calls to Action. The Canadian Unitarian Council brought together a team of incredibly committed people to create what has become the Truth, Healing & Reconciliation Reflection Guides. These guides are just that, rather than a 'curriculum' they provide rich and varied material to reflect on the impact of the historical relationship with indigenous people. Guides have been created for children, youth, and adults.

At the Western Regional Fall Gathering here in Calgary Oct 13-15, the Saturday program for the children will be using the TRC Guide and there will be an adult workshop TRC Stream (10:00 – 3:30). The Kairos Blanket Exercise will be offered for everyone (4:00 – 6:00).

Western Regional Gathering TRC Stream + Blanket Exercise will be held Saturday Oct 14th 10:00 – 6:00

### Truth, Healing & Reconciliation Reflection Guide Program

Modified 8-session program (6 sessions + Oct. 14th WRG Workshop Stream/Blanket Exercise\*) Wednesday evenings October 18, 25, November 8, 15, 22, 29 7:00 – 9:30 pm.

Facilitator: Rev Debra Faulk with a team of guests and co-facilitators.

**Please register online or by contacting Rev Debra** [debra@unitarianscalgary.org](mailto:debra@unitarianscalgary.org)

\*Note: WFRG requires separate registration at [cuc.ca](http://cuc.ca) There is a fee (see me if it is an issue).

In addition to the sessions there will be Taking It Home activities, reflections, and readings to be done between sessions (approximately 1-2 hours). These resources are online so computer access to the internet is required; if this is a problem, let us know and we can find someone you can buddy with who has online access. The program will cover such things as: Engagement and Locating Ourselves, Understanding Colonization, Colonization and the Indian Residential School System, Present Realities and Racism, Resilience, Healing and Vital, How to Build Respectful Relationships, Reconciliation through Justice and Relationships, Continuing the Journey.

**\*4-Others for October: Unicef** UNICEF is more than orange boxes at Halloween. UNICEF's interventions have been key to slashing world child mortality by half, from 1990-2015. UNICEF is on already the ground feeding starving people in Sudan, Nigeria, Yemen, and South Sudan. In 2016, UNICEF's emergency response gave 9.2m children access to basic education, helped 19.3m people access clean water, vaccinated 8.3m people against measles, and provided psychosocial support for 2.4m children. In 2016, UNICEF Canada spent \$3.4 m on programs in Canada as well as providing \$17.3 m in support for overseas work.

*\*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



This month we recognize and thank:

**Pride Kudos:** This year's Pride Parade was Calgary's biggest and best ever! UCC's contingent was the biggest in recent years, and sported sparkling new signs. Our usual quadracycle cart carried our Pride Rainbow Banner piled up on a board, atop the upper cage above the cyclists' heads. The Raging Grannies shared our space, marching closely behind us, before the Welcoming Mennonites (!).

Rev. Debra for publicizing UCC's participation in the march, getting the flyers reprinted, and marching with us;

Jane for suggesting we update our 15-year-old signs, to reflect the language that LGBTQ2+ communities use these days;

Jeb Gaudet, Lisa Hurtle and Ben and Ruby Gaudet for organizing a sign work bee, completing the signs at home, laminating the signs, and marching with us – and to all who helped make signs;

Susan Stratton who brought the flyers from church to the parade and Libby and Miat who distributed them, Leslie Buckle, Bev Webber, Ned Leavitt and Charlene Hoepper, Duff Bond, Dean Kasner and Rebekah Moslety-Kasner, Donna Antonio, Judy Osborne, and the other Raging Grannies, Kichiji Kabayama, Ronnie Joy Leah and Penny and Ian Clipperton who joined us enroute, and mainly thanks to Bob Pond, my generous husband, for helping create and transport the float, and for pedaling all the way. My apologies if I've forgotten someone.

**More Kudos:** Sheilla Ward and Trish Robbins for tending to the vegetable beds and delivering the produce to the Food Bank. They are always so grateful down there for fresh produce. There is another delivery to be happening again soon. Linda Brown and Gorham Hussey have also been busy in the gardens.

Brandis Purcell, Eric Leavitt, Donna Antonio and Leslie Buckle, "The Gold Hatted Wonders" for their great work in encouraging people to sign up for the Volunteer spots for this coming season.

Judy Osborne and Sheilla Ward were very busy sorting and distributing all 9 pieces of music to every member of the choir. It is very time-consuming work and the choir members are very grateful.

And from your Office Fairy, a special thank you to the members of Physical Plant, particularly Dick Wilson who came to the office one Friday to do something entirely different but stayed to figure out why the OF was in real danger of freezing to her chair. You all are so approachable and willing to help when called. YOU ROCK!

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](mailto:Kudos@unitarianscalgary.org).

## ♪ UpBeat News with Jane Perry ♪

### Choirs, choirs, choirs!

*We're hitting our stride in the Music Programme this month, with all three of our choirs in rehearsal. My philosophy is that the world would be a better place if everyone sang more often. If you're not already in one or more of our church choirs, please consider joining up!*



**UUphonia** will be singing at the Sunday October 15 morning service as part of the programme of the Western Regional Fall Gathering, which our church will be hosting on that weekend. That morning, we invite all interested singers to show up at 9:30 am for a rehearsal of two pieces with UUphonia and Music Director Jane Perry before the 10:30am service. This is a chance to sing not only with our Thursday-night church choir but also with Unitarians from all over the Prairie region!

The **Multigenerational Choir** is an unauditioned Sunday-morning chorus for singers of all ages and musical stages, where everyone gets to sing the tune! This choir is ideal for families that want a chance to sing in a choir together; for elders who find evening rehearsal slots challenging; and for anyone who loves to sing silly songs, community-building songs, and songs that involve kazoos! Our first rehearsal of the new church year will be on Sunday October 29 at 9:30am to 10:00am in Panabaker Hall. We will sing in the morning service on Sunday November 12. Join us!

**Chor Vida** is our church's auditioned chamber choir, designed for experienced choral singers with good sight-reading ability. Starting in late October, we will begin rehearsals for the November 18 choral concert and for the Christmas Eve "Unitarian Lessons and Carols" service. Though our soprano and alto sections are currently full, we have room for new tenors and basses. Please contact Music Director Jane Perry if you are a tenor or bass interested in auditioning.

**UCC Choirs' Winter Concert** is coming up on Saturday, November 18 at 7:30pm in Panabaker Hall. Our theme this year is "Gospel Music at the Unitarian Church!" and will include soulful spirituals and hand-clapping gospel numbers. Look for ticket information in the November issue of the Quest — we are anticipating a full house for this show!

### Resident Choirs in Concert!

Saturday, October 28 at 2:00pm: Calgary Renaissance Singers & Players present a one-hour concert to mark the 500<sup>th</sup> anniversary of the Protestant Reformation. The concert will be hosted by St. Matthew Lutheran Church in Bridgeland, 66 7 Street NE.





## Religious Exploration Program

Please extend a warm welcome to our two new Class Leads for our Children and Youth Program! We have some wonderful programming coming up for our Youth with the new Coming of Age curriculum. While our Children's program this year has a focus on Indigenous cultures and explores our connection to each other and the earth.



**Rachel Ott** is our new Junior Youth Class Lead. She is a passionate literacy advocate who enjoys teaching adults and children about indigenous culture. She holds bachelor degrees in English and Education and a master's degree in Professional Communication. She comes to the Unitarian Church of Calgary with an open heart and open mind with the hopes of helping others through their life journey. Feel free to say hi and to strike up a conversation when you see her!

**Anu Arora** is our new Elementary Class Lead. It is her passion to be a life long learner that has brought her to Canada this past year. Anu holds a bachelor degree in Education, and bachelor and master's degree in English. She feels her education has helped her share her skills in language across borders. She loves working with children because "in the course of teaching a lot of learning takes place, and I can get back to the child in me again". Anu has experience with puppets, plays, music and poetry, and we are so pleased to welcome Anu and her talents to our program!



## A Big Thank You to All Our Wonderful Volunteers in September!



Thank you, Nicole Jordan, and her fitness fun class full of games, an obstacle course, core work and stretching. The children had a blast! Nicole Jorden is a part-time fitness instructor and personal trainer and a full time Fitness Enthusiast!

Thank you, Joan Brown and your wonderful class that mixed storytelling, art, nutrition and vegetables. We had some budding artists in that class for sure!

Thank you to Lisa Hurrle and Jeb Gaudet who created a brilliant Pride Parade sign making event and then generously donated the paint supplies to the CYRE program!

If you have a talent you would like to share, or just the gift of time – we invite volunteers to come experience the amazing spirits in our Children and Youth program. To volunteer, just email Sheila at [dre@unitarianscalgary.org](mailto:dre@unitarianscalgary.org)

## Scrapings from the Board

Welcome back everyone to a new church year! We have gathered together again, with our traditional Water Communion. It is great to see all the familiar faces and also many newcomers. There is a busy, exciting year ahead. We are hosting the Western Region Fall Gathering in October, and encourage everyone to register and attend. It is a great experience to meet and mingle with other UUs from Western Canada and beyond. Whether you choose the Church Growth, Arts, or Indigenous Reconciliation workshops, you are sure to learn something new and be inspired.

Pride parade was a success, it was wonderful to see so many from the congregation, including the Raging Grannies come out.

Many of the Church's other programs are starting up again: Souper Sundays, Sunday Forums, our choir UUPhonia is preparing for a Gospel music concert in November and more. Watch the eNews for upcoming events.

~Ned Leavitt, Chairman of the Board of Trustees

## Meet Your Lay Chaplains and Find Out About Lay Chaplaincy

The Sunday Service on October 22 will include a part about Lay Chaplaincy. – **note the date change**

After the service, the Lay Chaplaincy Committee and your Lay Chaplains will be hosting a table at Souper Sunday in Wickenden Hall for folks interested in more in depth information about Lay Chaplaincy. Come and hear stories from Lay Chaplains, both current and past, and find out more about the wonderful experience of being a Lay Chaplain.

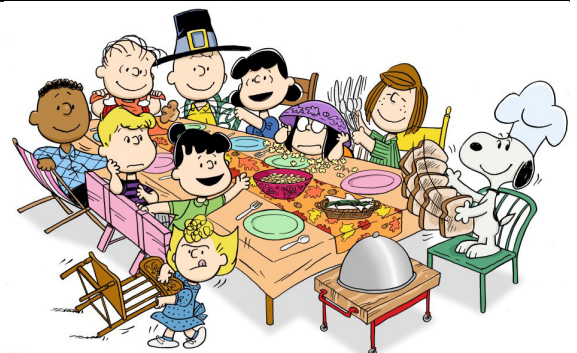
One of our current Lay Chaplains is due for retirement from the role, and we are looking for folks who might be interested in following in his footsteps.

Everyone welcome whether or not you might be thinking of one day becoming a Lay Chaplain. Please RSVP to [laychaplains@unitarianscalgary.org](mailto:laychaplains@unitarianscalgary.org) by October 18 so we will have an idea of how many will be attending lunch.

## Thanksgiving Dinner Potluck

Sunday October 8<sup>th</sup>, doors open at 4:30 dinner at 5:00  
Hosts: Dean Kasner and Rev Debra

Turkey will be supplied – all the trimming to be brought, potluck style. Please sign-up in Wickenden or email [debra@unitarianscalgary.org](mailto:debra@unitarianscalgary.org)



## **WE'RE BACK !!! Laughter Yoga with the Travelling Laughter Club**

The Travelling Laughter Club - Laughter Yoga - will be resume meeting twice monthly in September. What is it? Laughter Yoga is a program of exercises, silliness, and laughter along with yogic breathing and some meditation. Laughter, along with the easy exercises, energizes the body, stimulates the brain, and lifts the spirits. Laughter Yoga is a healthy means to lighten up lives at home, at play, and at work. Most important: it's fun and FREE!!! Exercises are modified to fit anyone's ability, and can be easily done while sitting. No special equipment needed – just wear comfortable clothes.

Laughter Club will meet in Room 1 twice monthly on Monday nights: September 18, October 2, 16, and 30, November 6 and 20, December 3; 7:30 to 8:30 pm. Admission is Free. For information contact Sheila Ward at [travellinglaughterclub@shaw.ca](mailto:travellinglaughterclub@shaw.ca) or 403-875-1266.

### **Theme Based Ministry (TBM)**

Each month our Sunday services hold the focus of an over-arching topic/theme, such as integrity, compassion, or joy. The monthly Reflections section of the Quest provides the opportunity for personal exploration of the theme with questions, reading and other resources. The other component of TBM are the small discussion groups, Theme-based Listening Circles (TLCs). TLCs are facilitated small groups of up to 10 people who meet at various times and locations toward the end of each month to reflect together on the theme of the month. These groups offer the opportunity for deepening relationships, self-awareness, enhancing listening skills, personal growth and spiritual development.  
[tlc@unitarianscalgary.org](mailto:tlc@unitarianscalgary.org).

#### **Themes for September 2017 - May 2018**

<b>September</b>	Covenant (Promise)	<b>January</b>	Prophecy
<b>October</b>	Healing	<b>February</b>	Interdependence
<b>November</b>	Identity (Story)	<b>March</b>	Risk
<b>December</b>	Presence	<b>April</b>	Transformation (Change)
		<b>May</b>	Embodiment

## **Canadian UU Historical Society Lecture**

**Mark Moser DeWolfe of Canada: The Eulogy I Never Gave**

**Presenter: Dr. Mark Bellitini**

**Sunday October 22 2:00 pm MDT livestream in Pannabaker Hall**

This is the 35<sup>th</sup> year, the Canadian Unitarian Universalist Historical Society (CUUHS) fulfills the main plank of its mandate by offering a lecture on some aspect of Canadian UU history. This year, the 35<sup>th</sup>, the lecture will be delivered by Rev. Dr. Mark Bellitini, Minister Emeritus, First UU Church of Columbus, Ohio. Held at the 1<sup>st</sup> Unitarian Congregation of Toronto, livestream at <http://www.tikilive.com/channel/first-unitarian> Password: 4FUmembers

**Sponsored by UCC Social Justice Committee**



## ***What Does It Mean To Be a Community of Healing?***

Well this one certainly seems easy to answer: it takes work. To be a community of healing requires dedication and a willingness to dig in - to fix what's been broken, to listen away each other's' pain, to battle the bad types, to ask forgiveness when we are not as good as we so want to be. So yes, it is easy to remember that it takes work. And what if we just as easily remembered that it takes perception and insight as well?

Or to be more exact, what if we remembered that healing always *begins* with perception and insight?

Would we more easily remember that time we were blessed with the experience of looking through each other's eyes? It wasn't a perfect view. We couldn't see or understand "the other" completely. Yet we were at least able to see them differently. And in doing so, the healing began.

Would we more easily remember the first time we felt seen? And how that made us want to give that gift to others?

Would we more easily call to mind those moments when we were able to see our "enemies" in their wholeness? Those moments when our frames of them as all bad and us as all good gave way to the truth that they are as complex, fragile, and flawed as us.

Would we more easily tell the story of when we first realized that we were part of propping up the system? The system that subtly and not so subtly gives some a hand while keeping the hands of others so securely tied behind their back?

Would we more easily remember what happened when we confessed our lie or admitted our addiction? How when we stopped trying to hide it from the sight of others, it somehow loosened its hold on us?

There was a magic in all this looking, seeing and being seen. Remember that? In each case, we learned that healing is not entirely up to us. There was an otherness at work. We just got the ball rolling. We weren't "the healers"; our wider view simply set the stage. Opened the door. Healing then slowly made its way in and joined us as a partner.

And seeing healing as a partner – rather than solely as a product of our will and work - we could be gentler with ourselves. We realized that manageable steps and doing what we can were just fine; heroics didn't always have to be the way. We could put down the weight of the world for a while, knowing and trusting that healing had a life of its own – that it can grow and take root even while we rest, maybe even because we took the time to rest.

In the end, maybe that is the most important thing to remember this month: besides always beginning with a wider view, healing also means making room for rest. Too often being a community of healing gets reduced to a matter of work, vigilance and never letting up. So we need these reminders that healing is a partner, not simply a product of our work.

Maybe even trying to partner with us right now...

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## Our Spiritual Exercises

### Option A:

#### Admit Exhaustion

One way we allow healing into our lives is to widen our view of what it means to be in pain. Too often pain is equated only with dramatic ruptures such as sudden loss or a devastating diagnosis. But often – maybe even more often than we all admit – it's about the slow creeping of us never allowing ourselves to rest and replenish.

So this month, finally do it: **Admit to yourself that you are exhausted! And do something about it!**

To get you there, carry John O'Donohue's poem, A Blessing For One Who Is Exhausted (<http://tinyurl.com/y78q697g>) with you throughout this month. Read it regularly. Meditate on it whenever you can. In the first part of his poem, he offers numerous phrases to capture the nature of exhaustion. In the second half he offers phrases that describe many ways to rescue yourself from it.

**Come to your group ready to share one line from the poem that captures the nature of your exhaustion and one line that captures the way out you are committing to.**

Maybe even consider committing yourself to doing each of the healing tasks that O'Donohue recommends. In other words, make it a checklist and do each of them (in your own way) before your group meets:

- open up to small miracles
- take refuge in your senses
- watch the way of rain
- imitate the habit of twilight
- draw alongside the silence of stone
- stay clear of those vexed in spirit

### Option B:

#### Rethink Kindness

We also need to widen our view of kindness. Too often we think of it as "sweet." Sometimes we even give into our culture's tendency to mock and make light of it. But there is nothing sentimental or silly about remembering that most pain is hidden. Everyone walks around with wounds we are unable to see. Thus, kindness isn't helpful here and there; it's needed everywhere we look. It's not "good to remember" every once in a while; it is necessary all the time. In fact, if everyone is walking around with invisible wounds, we actually allow and cause great damage when we forget to be kind.

Here's your assignment: **Remember that kindness is needed everywhere you look.** Look with new eyes. Commit to taking kindness a bit more seriously than you have in the past. Remind yourself regularly that it's not about being polite or sweet; it's about healing unseen wounds – maybe even yours. Here's some guidance and inspiration to keep you on track:

**Naomi Shihab Nye's poem, Kindness:** <https://www.poets.org/poetsorg/poem/kindness>

**The Power of True Kindness:** <https://www.youtube.com/watch?v=8OMGsVnqvYA>

**Kindness Boomerang - "One Day":** <https://www.youtube.com/watch?v=nwAYpLVyeFU>

**35 Powerful Images of Kindness Found Within Conflict:** <http://tinyurl.com/y99c9cuu>

From Anne Lamott's, *Traveling Mercies*: "On the first Sunday of Advent our preacher, Veronica, said that this is life's nature, that lives and hearts get broken, those of people we love, those of people we'll never meet. She said the world sometimes feels like the waiting room of the emergency ward, and that we, who are more or less OK for now, need to take the tenderest possible care of the more wounded people in the waiting room, until the healer comes. You sit with people, she said, you bring them juice and graham crackers.



Option C:  
**Show Others Your Healing Place**

Healing also happens when we expand our understanding of where it comes from. We know it comes from the people who love us, but it often also comes from the places we love. To honor this, you are invited this month to share your healing place with your group. This of course will serve as a way of re-connecting you to this space and reflecting on why it means so much.

Here's your assignment:

**Turn your healing place into a tangible and portable form!**

In other words, take a picture of your place and bring it into your group. Or maybe instead of a picture, bring in an object from your healing place, or something that represents it. For instance: a shell from "your beach," a leaf from "your forest," your dog's leash representing your walks, your ski pole or maybe even the paddle from your canoe.

*And don't forget that music creates its own healing space!* Maybe your healing place is not a physical space but a state of mind that you only have access to when you play that healing song. If so, bring it in and play that song for your group.

Here's some inspiration to help you on your way:

**The Science of Healing Places** <http://tinyurl.com/yafwpk9w>

**Healing Songs (in addition to the ones featured later in this packet):** <http://tinyurl.com/y72oy2bx>

Option D:  
**Open Your Eyes to a Politics of Healing**

As political races continue, this month municipally, everyone is focused on winning. It's a "race" after all; so taking sides and beating the other side becomes the frame. But with a winner right around the corner, maybe it's time to start focusing on *understanding* the other side. In fact, none of us will "win" if we fail to find the healing that comes with understanding.

This month, you are invited to engage one particular person's quest toward political healing: psychologist, Jonathan Haidt. He offers a unique frame for understanding the Left-Right political divide. Your assignment:

**Explore Jonathan Haidt's way of framing the political divide, then see if it heals a real life political divide in your life!**

Here's a list of works by and about Haidt for you to read. Remember, your task is not to come to your group with a book report or analysis of Haidt's theory. It is a story, not an analysis, you are asked to share. A story about how looking anew at "the other side" healed an actual relationship in your life.

***The Righteous Mind***, by Jonathan Haidt (How misunderstanding political mindsets divides us and how understanding them can heal us! - <http://tinyurl.com/yab7wvmu>)

**Articles by or referencing Haidt:**

<http://www.vox.com/2016/2/5/10918164/donald-trump-morality>

<http://www.scientificamerican.com/article/calling-truce-political-wars/>

<http://www.bloomberg.com/view/articles/2016-07-20/the-republican-convention-translated-for-liberals>

<http://freitashugo.blogspot.com.br/2016/03/howtomakeaconservative.html>



## 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? Which one contains "your work"?*

- 1) Have you been trying to change what can only be healed by embrace?** ("Cure seeks to change reality; healing embraces reality." - Fred Recklau)
- 2) When was the last time you visited your "healing place"?** When in pain, sometimes we need to be around people who love us. Other times we need to be surrounded by places we love.
- 3) Are you ready to let yourself be forgiven?** Is it possible that you are the only one who thinks you don't deserve healing?
- 4) Are you exhausted?** Have you been running on empty for so long that you no longer notice? Is it time to notice? Is it time to rest and restore, and let yourself heal?
- 5) Is it time to admit to yourself that you are in pain?** Is it time to stop pretending? Is it time to tell others you are in pain?
- 6) What one small step can you make today toward healing your broken heart?** It won't happen all at once. But it also won't happen on its own.
- 7) What would happen if you admitted it wasn't just their fault?**
- 8) Is taking on the care of the broken things of the world breaking you?**
- 9) Are you looking for love in all the wrong places?** Is love's power to heal and make whole eluding you because it's left the building or because your definition of it is too narrow?
- 10) Are you ready to heal from your failure?** ("Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead end. Failure is something we can avoid only by saying nothing, doing nothing, and being nothing." - Denis Waitley)
- 11) What if talk of healing needs to wait?** ("Let us not rush to the language of healing, before understanding the fullness of the injury and the depth of the wound." - Dr. Yolanda Pierce)
- 12) What's your question?** Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.



## Recommended Resources

As always, this is not required reading. We will not analyze or dissect these pieces in our group. They are simply meant to companion you on your journey this month, get your thinking started, and maybe open you to new ways of thinking about what it means to be a **Community of Healing**.

### Healing

**Definition:** to make healthy, whole, or sound; to become well

**Synonyms:** alleviate; reconcile; soothe; repair; mend; revive

### Wise Words

Help me, hear me, hold me, heal me. ~ **Prayer from UU Wellspring participant**

It's not forgetting that heals. It's remembering. ~ **Amy Greene, Bloodroot**

### from Kindness

Before you know kindness as the deepest thing inside,  
you must know sorrow as the other deepest thing.

You must wake up with sorrow.

You must speak to it till your voice

catches the thread of all sorrows

and you see the size of the cloth.

Then it is only kindness that makes sense anymore,

only kindness that ties your shoes

and sends you out into the day to gaze at bread,

only kindness that raises its head

from the crowd of the world to say

It is I you have been looking for,

and then goes with you everywhere

like a shadow or a friend.

~ **Naomi Shihab Nye**

**Full poem here:** <http://tinyurl.com/h8hesjc>

Each of us has a unique part to play in the healing of the world. ~ **Marianne Williamson**

Sometimes our transformations bring out the best in us, and sometimes they do not. When the ground breaks open because of an earthquake, you can be certain that everything — absolutely EVERYTHING — will be upturned, unearthed, or cracked open. When you get cracked open, you will not always love what you discover about yourself. ... You wish you were different. And wishing that you were different always, always, always hurts. This is all very natural. But we can choose in these

difficult moments of self-doubt and regret and confusion whether or not we are going to hate ourselves for any of it, or whether we are going to practice self-love. ...

[Because] self-honesty without self-love is nothing but self-abuse. ~ **Elizabeth Gilbert, full reflection here:**

<http://tinyurl.com/yca5nk9w>

When there's a fresh wound in your heart, keep it open until it heals. Air it out. Understand it. Dive into it. Be fierce enough to become it. If you ignore it, it won't be able to breathe. If you ignore it, it will merely deepen, spread and resurface later, wanting to release. And when later happens, it will hurt even more, because when later happens, you won't know what you're bleeding for. Remain with it until it clears, and watch the beauty pour into your openness. Remain open to feel lightness. Remain open to feel free. ~ **Victoria Erickson**

Failure does come with healing...Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead end. Failure is something we can avoid only by saying nothing, doing nothing, and being nothing. ~ **Denis Waitley**

When you don't give people the chance to say "I hurt," they end up saying "I hate." ~ **Rev. Don Wheat**

Draw alongside the silence of stone  
Until its calmness can claim you.  
Be excessively gentle with yourself.

Stay clear of those vexed in spirit.  
Learn to linger around someone of ease  
Who feels they have all the time in the world.

Gradually, you will return to yourself,  
Having learned a new respect for your heart  
And the joy that dwells far within slow time.  
~ John O'Donohue  
Full poem here: <http://tinyurl.com/y7hvqyp4>



## Blessing for Getting the News

I don't know  
how it will be  
for you.

For me,  
when the news came—  
when it sat down  
across from me in the  
waiting room  
at 4 a.m.,  
wearing scrubs and  
speaking words awful  
and full of  
strangeness—  
it came with  
a humming in  
my head,  
an endless, echoing buzzing  
that would never  
entirely leave. ...

I do not know  
how it will be  
for you.

But ... when the news comes,  
may the humming  
in your head  
give way to song,  
even if it will be  
long and long  
before you can  
hear it,  
before you can  
comprehend the love  
that latched onto you  
in the rending—  
the love that bound itself to you  
even as it began its leaving  
and has never  
let you go.

~ **Jan Richardson**; [janrichardson.com](http://janrichardson.com)

Full poem here: <http://tinyurl.com/y7cn568z>

Trauma victims cannot recover until they become familiar with and befriend the sensations in their bodies. Being frightened means that you live in a body that is always on guard. Angry people live in angry bodies. The bodies of child-abuse victims are tense and defensive until they find a way to relax and feel safe.

In order to change, people need to become aware of their sensations and the way that their bodies interact with the world around them. Physical self-awareness is the first step in releasing the tyranny of the past... As I often tell my students, the two most important phrases in therapy, as in yoga, are "Notice that" and "What happens next?" Once you start approaching your body with curiosity rather than with fear, everything shifts." ~ Bessel A. van der Kolk, **The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma**

## The Way It Is

There's a thread you follow. It goes among things that change. But it doesn't change. People wonder about what you are pursuing. You have to explain about the thread. But it is hard for others to see. While you hold it you can't get lost. Tragedies happen; people get hurt or die; and you suffer and get old. Nothing you do can stop time's unfolding. You don't ever let go of the thread.

~ **William Stafford**

To heal means to rediscover that divine idea, that place of wholeness, within each of us. Our task in recovery or in the spiritual journey is to peel away the layers between us and the deeper Self. We can use the image of a vast ocean that is barricaded away by a dam that keeps us from knowing it exists. Even though our intellect may learn there is an ocean, we cannot conceive of it because we have never directly experienced it. And then, for an instant, we transcend the barrier, and we see and feel the ocean directly. Once this has happened, we become strongly motivated to experience it again.

**Christina Grof**

Letting ourselves be forgiven is one of the most difficult healings we will undertake. And one of the most fruitful.

~ **Stephen Levine**

When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping." To this day, especially in times of "disaster," I remember my mother's words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world. ~ **Fred "Mr." Rogers**

**Cure vs. Healing**

Cure may occur without healing; healing may occur without cure.

Cure alters what is; healing offers what might be.

Cure is an act; healing is a process.

Cure seeks to change reality; healing embraces reality.

Cure takes charge; healing takes time.

Cure avoids grief; healing assumes grief.

Cure speaks; healing listens.

~ Fred Recklau, *Partners in Care: Medicine and Ministry Together*

**Full list here:** <http://tinyurl.com/ydhyyld>

**from A Litany for Those not Ready for Healing**

By Dr. Yolanda Pierce

Let us not rush to the language of healing, before understanding the fullness of the injury and the depth of the wound.

Let us not rush to offer a band-aid, when the gaping wound requires surgery and complete reconstruction.

Let us not offer false equivalencies, thereby diminishing the particular pain being felt in a particular circumstance in a particular historical moment. ....

Let us not rush past the loss of this mother's child, this father's child, someone's beloved son. ...

*Instead*

Let us mourn black and brown men and women, those killed extrajudicially every 28 hours. ...

Let us be silent when we don't know what to say.

Let us be humble and listen to the pain, rage, and grief pouring from the lips of our neighbors and friends.

**Full litany here:** <http://tinyurl.com/y8t87uzb>

**Videos & Podcasts****Healing Through a Haircut**

Meet Josh Coombes, hairdresser for the homeless.

<http://tinyurl.com/y85tgmbk>

**"At the Meeting House: Unitarian Universalism and HIV/AIDS"**

Is healing possible when physical healing is not possible? When Rev. Kim Crawford Harvie got her first call to be the minister in Provincetown, Massachusetts, she thought it would be similar to the small town church of her childhood. Only a few days into her ministry Rev. Kim was thrust into the crisis that would come to

dominate her ministry: HIV/AIDS. Rev. Kim tells some of the stories of her time in Provincetown and shares some of the lessons she learned from ground zero.

[pamphletpodcast.org/at-the-meeting-house](http://pamphletpodcast.org/at-the-meeting-house)

**"Disarming A Robbery ... With A Glass Of Wine" Invisibilia podcast/video**

Healing through the simple magic of not responding in kind. "A few friends were enjoying a backyard dinner party when an uninvited guest appeared – and things took a frightening turn. What do you do in the face of confrontation? Alix Spiegel, host of NPR's "Invisibilia" podcast, explains the concept of non-complementary behavior" – the kind of behavior used by Ghandi, Martin Luther King Jr., and others who respond to hatred with love. Watch what happens when a customary script is flipped." <http://tinyurl.com/y8z8zdb3>

**"How my mind came back to life — and no one knew" TED Talk by Martin Pistorius**

Imagine being unable to say, "I am hungry," "I am in pain," "thank you," or "I love you," — losing your ability to communicate, being trapped inside your body, surrounded by people yet utterly alone. For 13 long years, that was Martin Pistorius's reality, after contracting a brain infection at the age of twelve. He had become a ghost. But then a strange thing started to happen — his mind began to knit itself back together.. <http://tinyurl.com/nmpgd9t>

**Guided Meditations for Healing the Body, Mind, and Spirit by Stephen Levine**

<http://www.livingdying.org/practices-and-meditations/>

**"Restoring the Body: Yoga, EMDR, and Treating Trauma" with Bessel van der Volk for OnBeing**

Through his longtime research and innovation in trauma treatment, psychiatrist, Bessel van der Kolk, shares what he's learning about how bodywork like yoga or eye movement therapy can restore a sense of goodness and safety. <http://tinyurl.com/pcna4uz>

**Brene Brown on Blame**

You are probably a bit of a blamer - most of us are. But why should we give it up? In this very short video, inspirational thinker Brené Brown considers why we blame others, how it sabotages our relationships, and why we desperately need to move beyond and heal the damage of this toxic behaviour. <http://tinyurl.com/ycod6pci>

**The Body's Grace**

An unusual take on healing the mind-body connection with author and yoga teacher Matthew Sanford. He's been a paraplegic since the age of 13. He shares his wisdom for us all on knowing the strength and grace of our bodies even in the face of illness, aging, and death.

<http://tinyurl.com/y9k8hcve>

**10 Best Songs for Healing Broken Relationships – Beliefnet.com**

<http://tinyurl.com/ydducxpz>

**When Love Arrives** A spoken word poem about the healing power of love.

<https://www.youtube.com/watch?v=mdJ6aUB2K4g>

**The Science of Healing Places** The light and smells in places like hospitals can often depress us. And, our favorite room at home keeps us sane. But why? Immunologist Esther Sternberg explains the scientific research revealing how physical spaces create stress and make us sick — and how good design can trigger our "brain's internal pharmacies" and help heal us.

<http://tinyurl.com/yafwkp9w>

**Articles**

**The Role of Spirit in the #blacklivesmatter Movement: A Conversation with Activist and Artist Patrisse Cullors** Black Lives Matter chapters and affiliated groups are expressing a type of spiritual practice that makes use of the language of health and wellness to impart meaning, heal grief and trauma, combat burn-out and encourage organizational efficiency. <http://tinyurl.com/ydakk3zr>

**"Songs when you need them: Ysaye Barnwell and the music of community, resistance, and power"** How art can help heal us.

<http://www.uuworld.org/articles/ysaye-barnwell-songs>

**"The Nature of Healing" an interview with Stephen Levine** <http://www.intuition.org/txt/levine.htm>

**35 Powerful Images of Kindness Found Within Conflict** <http://tinyurl.com/y99c9cuu>

**After a Century In Decline, Black Farmers Are Back And On the Rise**

These Black farmers don't stop at healthy food. They're healing trauma, instilling collective values, and changing the way their communities think about the land.

<http://tinyurl.com/gn4jpu8>

**Movies & Television****Wild (based on the book by Cheryl Strayed)**

With the dissolution of her marriage and the death of her mother, Cheryl Strayed has lost all hope. After years of reckless, destructive behavior, she makes a rash decision. With absolutely no experience, driven only by sheer determination, Cheryl hikes more than a thousand miles of the Pacific Crest Trail, alone. And it heals her.

<http://tinyurl.com/y7xka37w>

**God Said, Ha!**

Sweeney proves that humor is a lifesaver in the midst of pain, suffering, and setbacks — including her brother's terminal cancer and her own cervical cancer diagnosis.

<http://tinyurl.com/yafg3awp>

**Dolphin Tale (Family)**

In an inspiring story of the bond between animals and humans, a boy named Sawyer discovers an injured dolphin, who is brought to a marine hospital and named Winter. Unfortunately, her injuries cost Winter her tail, without which she may not survive. But with Sawyer's devotion, a marine biologist, and the brilliance of a prosthetist charged with creating a new tail, Winter may receive a second chance at life.

<http://tinyurl.com/y9jkrez4>

**Songs****"Beautiful Dawn" by the Wailin' Jennys**

This song is poetry harmonized: "There's only one way to mend a broken heart..."

<https://www.youtube.com/watch?v=gBYrPSG-Rs>

**"When You've Got Trouble" by Liz Longley**

Healing by remembering you're not alone: "When you've got trouble, I've got trouble too."

[https://www.youtube.com/watch?v=a\\_zP8y9-3X4](https://www.youtube.com/watch?v=a_zP8y9-3X4)

**"I Hurt Too" by Kate Herzig** Another beautiful song about the interconnectedness of healing: where you are hurting, I am hurting; your healing is my healing.

<https://www.youtube.com/watch?v=oSdI1WQRdJO>

<https://youtu.be/YK3N1bJZO2wg>

**"Lost and Found" (healing from heartbreak):**

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

**Unconscious Reactions Separate Liberals and Conservatives** <http://tinyurl.com/lmbtp7p>



## Movies & Television

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## Songs

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**"I Hurt Too" by Kate Herzig** Another beautiful song about the interconnectedness of healing: where you are hurting, I am hurting; your healing is my healing. <https://www.youtube.com/watch?v=oSdl1WQRdJO>  
Also by Herzig: **"Lost and Found"** (healing from heartbreak): <http://tinyurl.com/kkckeft>

### **"Thank U" by Alanis Morissette**

A song about healing that comes from the widest embrace. When we take the time to reflect on all of our experiences, what may have seemed a negative thing, can sometimes later be seen as a necessary step in a process that ultimately led to a greater good.

Sometimes the greatest healing comes from simply saying thank you to what did not seem like a gift at the time.

<https://www.youtube.com/watch?v=00gpT5rEKIU>

**Healing Songs** <http://tinyurl.com/y72oy2bx>

## Books

**The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma** by Bessel A. van der Kolk. See book quotes here: <http://tinyurl.com/y9tgem7e>

**Nothing Gold Can Stay: The Colors of Grief** by Mark Belletini In twenty-two simple yet profound reflections, seasoned minister Belletini explores the many and varied forms of grief. <http://tinyurl.com/pe756cy>

**Restored to Sanity: Essays on the Twelve Steps** by Unitarian Universalists

Unitarian Universalist writers reflect on their healing while walking the Twelve Steps of Alcoholics Anonymous and other Twelve-Step programs. All tell their stories with great honesty and humility, providing inspiration and hope for those who struggle with addiction and for their friends and family members. Each Step is explored with two separate heartfelt essays, plus a meditation or prayer. <http://tinyurl.com/y74h2hr5>

**The Righteous Mind**, by Jonathan Haidt

How misunderstanding political mindsets divides us and how understanding them can heal us. <http://tinyurl.com/yb4ohr5n>

## Articles by or referencing Haidt:

<http://tinyurl.com/hdbubxy>

<http://tinyurl.com/hcqm2hn>

<http://tinyurl.com/hxbb6dr>

<http://tinyurl.com/lmbtp7p>

**Here If You Need Me: A True Story** by Kate Braestrup  
"Here If You Need Me is the story Kate Braestrup's remarkable journey from grief to faith to happiness - as she holds her family together in the wake of her husband's death, pursues his dream of becoming a minister, and ultimately finds her calling as a chaplain to search-and-rescue workers. A celebration of the small miracles that happen every day when a heart is grateful and love is restored." <http://tinyurl.com/ya7e2npu>

**List of books for children and families about healing:**  
<https://amzn.com/w/39N5UTK7073E6>

## **Come to Pub Night Wednesday, October 6th**

**Pub Night with Debra, Wednesday, October 6th, 7pm-9:30pm**  
at the Getto Boys, 720 16th Ave NW, Lower Level.

Put on your calendar now to join us this Wednesday, October 6th (**and every first Wednesday of the month!**) downstairs at Getto Boys. Here is a chance to continue the conversations you started at coffee hour...and just wished you 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!

## **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, October 1, 2017**

**Gift card pickup - Sunday, October 8, 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](mailto:ev.dewar@kogawa.com), Sheila Ward [sggward@shaw.ca](mailto:sggward@shaw.ca), Frances Schaink [blue.sky@infovisi.com](mailto:blue.sky@infovisi.com), Alex Russell [itfromblighty@gmail.com](mailto:itfromblighty@gmail.com)

## **Caring, Cooking, Connection**

Liz Blackstock will be hosting a Caring Cooking Connection event on Thursday, October 19 from 3 to 7 PM in Unitarian Church kitchen. Our intention is to make and freeze some meals for people from our church and outside of our church that are requiring a meal. Will require the help of approximately 6 people. If you would like to volunteer for this event, contact Liz at 403-288-0073.

**The annual congregational business (stewardship) meeting will be held November 12, 2017 at noon; we will review the annual reports and financial statements.**

**Please plan to attend.**

## Congratulations to October's Volunteer of the Month: Penney Kome!

Penney is currently chair of the social justice committee. In this role, she has coordinated UCC's participation in the Pride Parade, renting the surrey that has become a mainstay of the church's delegation. She has also organized regular film screenings, moderated the new Sunday afternoon forums, and wrote a "4 Questions" column for the Quest, interviewing some of UCC's activist members who are often absent. Penney also oversees the UCC discussion forum on Facebook, posting on events and issues of interest to members. Prior to joining the SJC, Penney served on the church services committee. She was a co-recipient of the Harold and Marion Panabaker Award in 2010 for extraordinary service to the church community.

In addition to her committee work, Penney is a longtime member of the choir, singing with the sopranos. She is a regular performer at Cabaret, often offering humorous contributions that also feature dancing.

A long-time author and journalist, Penney brought her expertise to a service this past summer on fake news. She also lent her skills over many years serving on the National Council of the Writers' Union of Canada.

Thanks for all you do, Penney. We're glad to have you with us.

- Church services committee
- Social Justice committee
  - Pride parade
  - Forum
- Choir
  - Cabaret
- Summer service fake news
- Journalist/author



## Introduction to Unitarian Universalism

Saturday October 28th, 9:30 am to Noon, lunch follows.

Pre-registration appreciated for food and logistics.

Child-care available.

An invitation for those who are not familiar with or are curious about our tradition to learn more and ask questions. This offering will include a little bit of history, of the denomination and of our own congregation. An opportunity to explore if this community is where you find a sense of belonging.

Contact Barbara Lane for more information: [membership@unitarianscalgary.org](mailto:membership@unitarianscalgary.org)

## Call for William Irvine Award Nominations

This annual award honours a person, persons or organization for extraordinary services that contribute to social and/or environmental justice in the Calgary community. It is intended to recognize those who carry on the legacy of William Irvine in championing justice in Calgary, Alberta and Canada. The award recipient has not normally been a member of our congregation. The names of past recipients are on a plaque in the Barker Room.

UCC members are invited to send a nomination in writing to Penney Kome, Social Justice Committee Chair, including reasons for the nomination, by October 17. Considerations might include benefits to the Calgary community, personal sacrifice or effort involved in providing service and the degree to which the service reflects Unitarian Universalist values. The SJC will recommend one nominee to the Board of Trustees.



## Annual Fruit Cake Fundraiser Cakes are Selling Out Fast - Reserve Your Cakes Now!

Even though it is only October, it's time to start thinking about your fruit cake order. Some of you left it too late last year and we were sold out when you came to order one of our famous fruit cakes. Everyone who ordered last year has been given priority ordering in September, so don't delay.

Mary Smyth started our tradition of a fruit cake fundraiser almost 40 years ago and was continued for many years by Mary Jane Hussey.

**To avoid disappointment,** order your cakes soon by emailing [jane.ebbern@gmail.com](mailto:jane.ebbern@gmail.com) or calling 403-283-7162. Reserve your cakes and then come by our booth after the service on October 29th and Nov 5th to pay. All cakes must be paid for prior to the November 12th start of pick-up.

We offer four fabulous choices:

**Mary Smyth Dark Fruit Cake** - raisins, dates, figs, currants, candied fruit, walnuts

**Mary Smyth Light Fruit Cake** - candied fruit, golden raisins and almonds

**Mary Jane's Millennium Fruit Cake** - apricots, cranberries, figs, apples, pecans

**Mary Jane's Chocolate Fruit Cake** - Bing cherries, dates, figs, milk chocolate

The price will be the same as last year at \$35.00 per cake and all proceeds from this fundraising project contribute significantly to our church budget. No cakes contain any alcohol. And every cake comes attractively gift-wrapped and weighs just under 1 kilo!

**Do tell your friends about these delectable cakes!** Please encourage them to purchase for personal use or for gifts.

## How to Reach UCC Staff

Minister  
Rev. Debra Faulk  
[debra@unitarianscalgary.org](mailto:debra@unitarianscalgary.org)  
403 702-6486

Director of Religious Exploration /  
Youth Program Coordinator  
Sheila MacMaster 403-404-1361  
[dre@unitarianscalgary.org](mailto:dre@unitarianscalgary.org)

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

Church Administrator  
Martha Mantikoski  
[office@unitarianscalgary.org](mailto: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/](http://www.unitarianscalgary.org/newsletter/). Submissions of articles, photographs, and event announcements are encouraged. Questions about the Quest, please email, [quest@unitarianscalgary.org](mailto: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](mailto:enews@unitarianscalgary.org)

## Booking Rooms

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

## Lay Chaplains: **Carl Svoboda** and **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](mailto:laychaplains@unitarianscalgary.org).

## The Caring Team

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

## 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](mailto:ev.dewar@kogawa.com), Sheila Ward [sggward@shaw.ca](mailto:sggward@shaw.ca) or Frances Schaink [blue.sky@infovisi.com](mailto:blue.sky@infovisi.com)