



# September Services: Invitation



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**Volunteer of the**  
**Month**

**Unitarian Church of Calgary**  
**1703 1st Street, NW T2M 4P4**

[www.unitarianscalgary.org](http://www.unitarianscalgary.org)

## September 4

### Solidarity: The Invitation to Collaborate

Inspired by the actual events recounted in the movie "Pride" about some British lesbians and gays who wanted to offer support to the families of Welsh miners during the 1984 strike. Acts of solidarity built bridges of trust through personal relationships. Today as we honour Calgary Pride and Labour Day we take inspiration from those 1984 events. Those wanting to attend the Pride Parade will have time to join the parade and are invited to help carry our rainbow banner.

Presenter: Rev Debra Faulk

Service Leader: TBC

Music: Jane Perry, Music Director

## September 11

### Invitation to Flow Back to Community

We celebrate a Water Communion ritual when we gather together again after summer wanderings, near or far. People are invited to bring water from their summer adventures, be it from a backyard puddle (and we have had lots of those) or other travels - to pour into our communal bowl to represent our coming back together, each individual contributing to create our beloved community. This invitation into a faith community is both deeply personal and profoundly communal.

Presenter: Rev Debra Faulk

Service Leader: Lynn Nugent

Music: Jane Perry, Music Director and

UUphonia

## September 18

### You Are Invited

These words can evoke different understandings and emotions depending on the context and our personal histories. 'Invitation' has different meanings in different cultures. The concept of invitation can broaden our sympathies, deepen compassion, enhance inclusion and has the possibility of healing brokenness.

Presenter: Rev Debra Faulk

Service Leader: Brian Dorscht

Music: Jane Perry, Music Director

## September 25 - Sacred Rhythms

An interactive service of drumming and percussion, singing and dancing. Join us in a journey of discovering your own natural expression of sacred rhythm and ritual. Human Beings have been making music for thousands of years. Rhythm is the foundation of a universal language shared by every culture on the planet. Tap into the primal heart of music with your whole body, mind and spirit!

Presenter: Prof. Brent Van Dusen

Service Leader: TBA

Music: Prof. Brent van Dusen; Jane Perry, Music Director

## Debra's Deliberations



So grateful for the reflection time that summer offers, so grateful to be returning to our beloved community. Invitation is our theme for September and so it has informed some of those summer musings. There were a couple of invitations that came my way this summer that have inspired reflections about invitation and its importance in and to community.

I was invited to participate in a Habitat for Humanity home build, an Interfaith Clergy Build. This is one of those invitations that require little thought, the immediate response a resounding "Yes", I'd be honoured!" By the time you read this, the event will have happened (August 24<sup>th</sup>) so I'll share more about the actual experience during the month. What has been so inspiring for me has been the response: so many clergy accepted the invitation that, for safety reasons, we were divided into a morning and afternoon shift. This invitation came to me via the Calgary Interfaith Council, a gathering of religious communities focused on learning about each other and collaborating to work for justice.

The clergy build was an incredible opportunity to live the new vision statement of our national organization, the Canadian Unitarian Council, *"As Canadian Unitarian Universalists, we envision a world in which our interdependence calls us to love and justice"* as well as our own call *"to grow in wisdom, welcome and deepen relationships, and act for a just and sustainable world."*

However, not all invitations are so easily accepted; in fact some feel more like obligation. There is also the cultural context of invitation. I was visiting my son's in-laws, a Sikh family who were going to dinner at a friend's home. They insisted that I join them – "But I wasn't invited!" said I. "An invitation to us includes whomever else we might invite" was their response. Expanding my cultural competency has already been a gift of engaging 'invitation'.

Another invitation that was a quick and easy yes is to attend and process at the ordination of Calgary's second Roman Catholic Woman priest. We are in such transformational times and to be part of a process where women, deeply committed to their faith tradition, are working for equity and recognition feels like an act of justice.

The invitation to live life more fully with vision and purpose, to collaborate, to support and be supported in this deeper living of life is such a significant part of why we come together. It inspires, nurtures and challenges me. I am so grateful for you and what we do together.

Then there is the invitation to more fully engage in our community and all it takes, the contributions of everyone, to make ours a truly beloved community. Every effort, no matter how small it may seem, makes a difference. We are adjusting the ways we do things so that people can contribute their ability in the shared ministry we do. Please consider this a personal invitation to be a part of co-creating the world we want.

There have been so many more musings and deliberations about invitation, about community, about who we are and what we might do together, more to share when we gather again.

Namaste,

Debra

### Debra's New Hours

Office Hours:

Wednesday 10am – 8p.m.

Thursday: 9a.m. – 5p.m.

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

Other times please book an appointment.

## Shavings from the Board



In July I went to the Netherlands for my first-ever attendance at the biennial Council meeting of the International Council of Unitarians and Universalists (the ICUU), and it was wonderful to be in the company of Unitarians (and people of other liberal religious faith traditions) from around the world. I chatted with people from Kenya, from the US, from the Netherlands, and from the Philippines, among many other countries, and I was struck by how committed they were to the benefits of international cooperation between our national organizations.

From worship services every morning, to business sessions or workshops during the day, to daily chalice circles, to evening conversations and entertainments, the feeling of interested cooperation was very evident.



### September 2016 Kudos!

**This month we recognize and thank:**

All the people involved in putting on summer services: the presenters, the sound people, and the church services committee members.

The board and others from our community who shopped, set up, cooked, served, and cleaned up for our Stampede breakfast. Special thanks to the musicians for entertaining us and the Welcome Table volunteers for greeting.

Sheila Ward for grinding the beans for the coffee we make Sunday mornings!

The ICUU created a new purpose statement during the meeting, "The mission of the ICUU is to empower existing and emerging member groups to sustain and grow our global faith community." It was very moving to hear that statement translated into 20 languages at the closing ceremony.

While at the general meeting I was honoured to be elected Treasurer of the Executive Committee, joining other Executive Committee members from congregations in the Khasi Hills of India, Germany, Transylvania, the USA, Switzerland, and Burundi. They are dedicated and creative people, and I'm looking forward to working with them.

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

Bev Webber, for keeping an eye on the office while Martha was on holiday.

Jeff Gruttz, Eric Leavitt, Ottmar Hoch and Dick Wilson for many tasks, small and large, getting the church building ready for the startup of activities in September. The work done by the physical plant committee to improve the appearance and functionality of our church home is truly awe inspiring.

Kenzie Love for stepping in to compile the Summer Kudos column.

### Well Done, All!

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 ♪

Welcome to a new season of music-making at the Unitarian Church of Calgary! There are all kinds of ways to get involved with music at the church. Read on for more information! Questions or comments: Music Director Jane Perry at [jane@unitarianscalgary.org](mailto:jane@unitarianscalgary.org)



### Choirs

**UUphonia** is the non-auditioned 40-member mixed-voice choir of the Unitarian Church of Calgary. This is a fun-loving group whose singers are focused on both the joy of singing and the creation of caring community. We generally sing in four-part harmony, so sight-reading skills are an asset though not a necessity. We sing twice each month, from September through June, in Sunday worship services. An annual highlight is our Cabaret, this year on April 28 and 29, 2017. First rehearsal will be on Thursday, September 8 at 7:30pm. New members are always welcome!

**The Multigenerational Choir** is an all-ages ensemble for singers of every age and ability level. In this choir, we sing in unison or simple two-part harmony, which makes it a great ensemble for adults who have never sung in a choir before and for families who are looking for an activity for parents and kids to do together. We laugh a lot in this choir — prepare to have a good time! Our first set of rehearsals will be on the following Sundays from 9:30am to 10:00am in Panabaker Hall: October 30, November 6 and November 13, singing in the morning service on November 13.

**ChorVida** is our church's auditioned chamber choir, designed for experienced choral singers with good sight-reading ability. We take on specific singing projects (working up an anthem for a service, performing at the winter concert) and rehearse on an as-needed basis toward our goal. Repertoire is wide-ranging, from Renaissance motets to modern choral classics to jazz and gospel. To learn more about ChorVida and arrange an audition, please contact Music Director Jane Perry.

### Concerts in the 2016-2017 church year

**Silent Movie Night.** Friday, October 21, 2016 at 7:30pm in Wickenden Hall. An evening of vintage animated shorts and a feature-length silent film with live accompaniment by pianist Jane Perry and sound-effects man Dave Bradt.

**Choral Concert.** Saturday, November 26, 2016 at 7:30pm in Panabaker Hall. UUphonia, ChorVida and guest instrumentalists perform their annual winter concert, this year on the theme of "Belonging."

**An Afternoon of Chamber Music.** Sunday, February 12, 2017 at 3:00pm in Panabaker Hall. Enjoy a gorgeous programme of classical music, featuring the Springbank Trio (Laurie Syer, violin; Jamie Syer, piano; Tom Mirhady, cello.)

**Cabaret 2017.** Friday, April 28 and Saturday, April 29, 2017 at 7:00pm both nights in Panabaker Hall. UUphonia presents its annual musical revue, complete with top-notch soloists and small groups, a terrific live band, and the best audience in show business!



# Religious Exploration Program



*It's not that unusual  
When everything is beautiful  
It's just another  
Ordinary miracle today.  
(Sarah McLachlan, Ordinary Miracle)*

From September to November in the Children's Sunday program we will be exploring all the ordinary miracles that surround us everyday. In the Tapestry of Faith Curriculum, *Miracles*, children will have a prolonged encounter with awe and wonder with frequent opportunities for scientific exploration. Through stories from our Unitarian Universalist Sources and hands-on activities, children engage in defining and discerning the miraculous and discover their own agency for miracle-making..

**Sunday, Sept. 11** will be our CYRE **Kick-off Sunday** with registration of infants, toddlers, children and youth.

**Nursery-** infants to 3 years can be signed-in to the Nursery anytime after 10am with Holly Noelle. Your little ones can enjoy supervised play time until 11:45am-12 noon when parents can retrieve children and sign them out.

**Pre-School/Kindergarten-** children will start off upstairs in the service with the older children and come down following the *Time For All Ages*. They will gather in Room 1 with all of the children for the greeting time and then head over with their leaders to Room 3 next door to the Nursery. Being next door to the Nursery should help young children to make the transition from Nursery to Programmed Religious Exploration smoothly and at their own rate. The Pre-School-K class will be made up of 15-20 minutes of songs, games and crafts and the rest of the time will be free play.

**Younger-Aged Kids** (YAKs from Grade 1-3) and **Middle-Aged Kids** (MAKs from Grade 4-6) start the Sunday programming in Room 1 after the Time for All Ages in the service. These two age groups will both be using the *Miracles* curriculum from the Tapestry of Faith. Sometimes they will be in the same space for the program and sometimes they will split off into different class rooms.

**Youth** (Grade 7+) head to the youth room on Sundays following the Time for All Ages in the service where they will work with our youth advisor Rebekah Mobley-Kasner and other adult volunteers.

**Parent and Volunteer Orientation** will take place following the service on **Sept. 18** in Room 1 with a lunch for the whole family, and then child care provided for the orientation after lunch. Please come to the orientation lunch if you are willing to offer your time and talents to the CYRE program this year!

**NEW THIS FALL- 4<sup>th</sup> Sunday Afternoon Special Events for children.** The whole community can look forward to lunch taking place following the service on the 4<sup>th</sup> Sunday each month, and adult Theme Listening Circles. The children of our community will have their own very special monthly events on 4<sup>th</sup> Sunday afternoons. Watch for details coming soon for our first 4<sup>th</sup> Sunday Afternoon on Sept. 25.

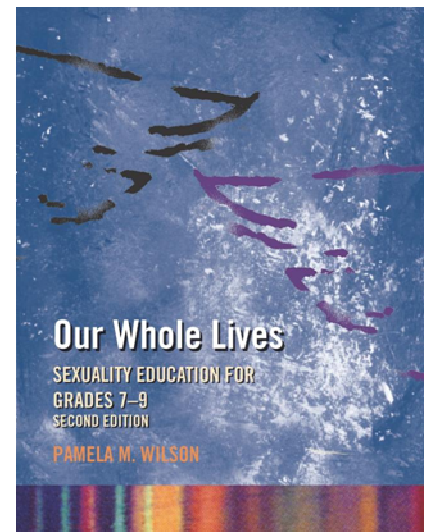
## Coming This Fall: Our Whole Lives for Grades 7-9

Parents and faith communities all want to create environments that promote and nurture healthy teens, physically, emotionally and spiritually. To achieve this we also must promote healthy sexuality. Parents are children's primary teachers, but what is society teaching our children about sexuality? Our Whole Lives is an antidote to sexualized media messages, peer pressure, misinformation and prejudice. It provides accurate, age-appropriate information, puts sexuality in the context of values and personal responsibility, supports healthy decision making, and strengthens social skills. These skills and values help prepare youth to make healthy choices for life.

Our Whole Lives (OWL) values:

- Self Worth
- Sexual Health
- Responsibility
- Justice and Inclusivity

OWL models and teaches caring, compassion, respect, and justice. It helps adolescents address their attitudes, values, and feelings about themselves, their sexuality, and others' sexuality. Participants are guided by trained facilitators through an engaging curriculum that addresses topics most important to young adolescents, including those typically excluded from sexuality education and health classes. Each workshop is 90 minutes.



Grade 7-9 Our Whole Lives is running this fall starting on Sunday, September 18 with a parent Orientation taking place prior to the start of the program.

There are 25 90 minute workshops. In order to cover the program we have scheduled eight sessions from 6-8:30pm on Sunday evenings consisting of one workshop each evening, multiple workshops will be covered when we run three sessions from 12:30- 8:30 pm on Sundays and there will be one sleep over that will go from Saturday, November 5 12:30pm to Sunday, Nov. 6, 12:30 pm.

This program will be co-facilitated by Bev Webber, Heather Walker and Ivy O'Reilly. Jeff Webber and Shannon Mang will step in to join the facilitation team occasionally. With such an intensive process, we will be happy to have lots of volunteers in the wings ready to help us provide these young people with healthy snacks and meals.

If you are interested in registering your teen in this Our Whole Lives program, or if you are interested in helping to support the program please contact Bev Webber at [webberbev@gmail.com](mailto:webberbev@gmail.com) or Shannon Mang DRE at [dre@unitarianscalgary.org](mailto:dre@unitarianscalgary.org) . The program has a registration fee of \$40 (or pay what you can).

## Adult Our Whole Lives - OWL

Our Whole Lives OWL models and teaches caring, compassion, respect and justice. It helps adults address their attitudes, values and feelings about themselves, their sexuality and others' sexuality. Participants are guided by trained facilitators through an engaging program that addresses topics many adults have not had the opportunity to discuss in depth. The fourteen two-hour workshops are modular and may be used in any combination or singly.

OWL is a secular curriculum, appropriate for a variety of settings. Sexuality and Our Faith for Adults is a religious supplement for use in Unitarian Universalist and United Church of Christ congregations.

Our Whole Lives (OWL) values:

- ♦ Self Worth
- ♦ Sexual Health
- ♦ Responsibility
- ♦ Justice and Inclusivity

Adult OWL Workshop dates at Unitarian Church of Calgary 2016:

September 20 & 27

October 4 & 11 & 18 & 25

November 1 & 8 & 15 & 22 & 29

December 6 & 13

6:30 - 9:30 PM in Room 1

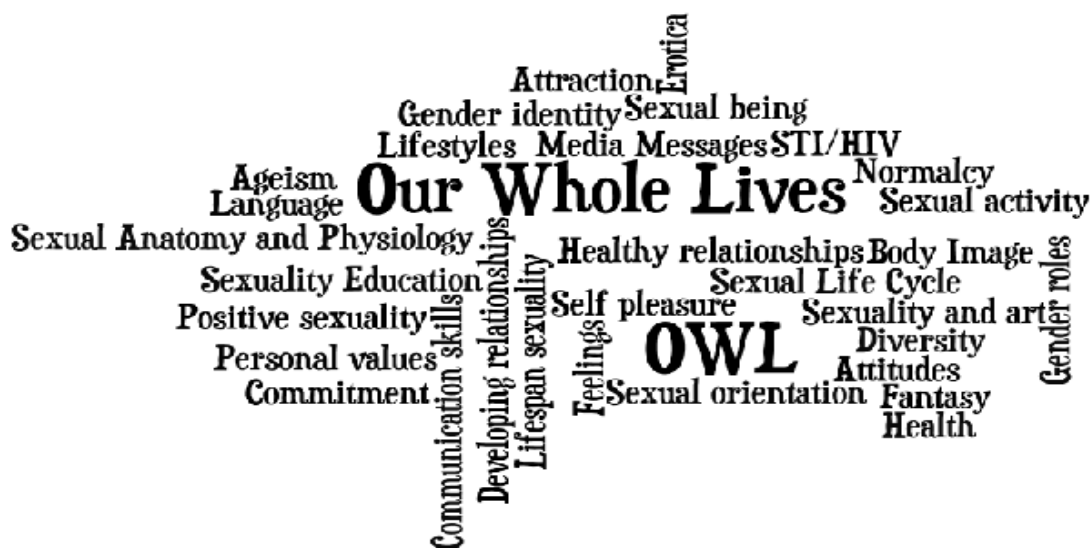
The investment is \$20.00 per person

For further information or to register, contact:

Bev Webber [webberbev@gmail.com](mailto:webberbev@gmail.com) or [403-863-3110](tel:403-863-3110)

Jeff Webber @ [jffwbbr@gmail.com](mailto:jffwbbr@gmail.com) or [403-863-6130](tel:403-863-6130)

Or email [OWL@UUA.org](mailto:OWL@UUA.org)



Our Whole Lives: Sexuality Education for Adults helps you explore sexuality through your values and experiences. Enhance communication skills as you increase your understanding of healthy relationships, sexual diversity, and sexuality throughout the life cycle. It's the sexuality education opportunity you probably never had growing up.

**Our Whole Lives Sexuality Education for Adults**

## Job Jar!

### Engaging Shared Ministry/Changing Volunteerism -

Ministry means 'to serve' and we each have the chance to serve our community. There are so many tasks to be done that there is something for everyone according to ability or time available. Each time we do even a small task, we live out our faith, hopefully grow in wisdom and for sure deepen relationships. Here are just a few of the opportunities - for more information or to volunteer email [volunteer@unitarianscalgary.org](mailto:volunteer@unitarianscalgary.org):

**Bulletin Board** - Our bulletin boards provide information to members and people who come into the building for other reasons as well. Would you be interested in making sure events are current and do basic tidying up? (15 minutes per week)

**Soups (Freezer)** - We keep a supply of homemade soup to take to shut-ins and to offer to folks in need. When you make soup please consider making an extra helping and bringing in a labeled container for the freezer. If you need containers there are some in the marker drawer in the kitchen.

**Work Bees** - There are work bees scheduled for building maintenance, fix-ups and tidy up. Could you offer a couple of hours? For example, the **Youth Room Painting Bee!** The Youth Room gets a much-needed face lift August 30-31. If you're able to help, contact Shannon dre@unitarianscalgary.org.

**Containers** - Please save clean empty plastic containers for the "soup ministry"! Bring them to church to be used for soups.

**Sunday Lunches** - Would you consider making a pot of soup for a Sunday lunch after church? With enough support this could happen monthly.

**Second Sunday Suppers** - needs your support to continue. We need:

- 1) An overall coordinator (the supper + 1 hour per month).
- 2) Monthly set-up & clean-up captains (event + 1 hour before or after)
- 3) Set-up and clean up teams

**Shawl/Lap Blankets** - Do you like to knit? When someone in our congregation is ill or in hospital we like to give them a hand-knitted shawl or lap blanket. The wool, needles and patterns can be supplied.

**4-Others Coordinator** - this requires about 10 hour per YEAR mostly from home (details available)

**AV Support** - interested in being part of the Sunday morning team that does the sound and video? Let your interest be known and there will be training in September.

**Sunday PowerPoints** - you too could be part of the team who create the PowerPoints (announcements, music etc) that are projected on Sunday mornings. Maybe once a month? (Approximately 2 hours from home).

**Calgary Interfaith Council** - UCC representative (2 hours per month) contact Rev Debra if interested.

## Celebrating Lotta Hitschmanova

Please join us on Sunday October 23 at 2pm for an event in conjunction with the Mark Mosher DeWolfe lecture, to be presented as a nation-wide webcast by the Unitarian Universalist Historical Society at 330pm. The webcast will feature several panelists speaking about renowned humanitarian Lotta Hitschmanova, founder of the world aid organization the Unitarian Service Committee of Canada (USC). The presentation will be preceded by refreshments and reflections from church members who knew Ms. Hitschmanova or were involved with the USC. A children's program will also be offered.

Watch for more details in the October Quest.

Loretta Biasutti, Helen Backhouse, Jim Bowman and Frances Schaink, History and Archives Committee



## A New Year, New Leadership Opportunities

The times they are a changin' and as we strive to keep pace with the changes we will be trying a few new ways of doing things. One will be developing teams to focus on particular areas of church life. These teams will offer skill development, opportunities to grow in wisdom and deepening of relationships. These teams do not replace committees, they will in some ways be the 'action arm' of the associated committee. This September there will be two Leadership Teams.

### Church Services Ministry Team

A new leadership team of 6-8 individuals working closely with Rev Debra to explore 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 team will meet monthly with Debra and support Sunday services. Contact Debra with any questions and expressions of interest.

### Pastoral Care Team

This will be an opportunity for individuals interested in supporting members as a pastoral presence. There will be training by Debra and outside experts. This team will assist the minister and Caring Committee to deepen relationships with and between members. Contact Debra with any questions and expressions of interest.

## Cookbook Fundraiser

Have you ever wondered how to make Dean's Second Sunday Supper meatloaf, Joan's liver pate or Bev's gluten free bread? We know that nowadays all you have to do is Google to find a recipe, however it will not be something that you have eaten at a Second Sunday Supper, the Service Auction Dinner, or one of the many luncheons that we have shared together.

This cookbook will included many of these recipes plus your favorite ones. We are asking you to send us your top two favorite recipes; perhaps you have brought it to one of the many potlucks we have hosted over the years. The recipes need to be sent to us no later than October 16/2016. They must be sent to us by email, unless you don't use email. Please give us a short description of why this is your favorite. We will try to use all the recipes that we receive, however due to space that might not be possible.

Our plan is to have the cookbooks ready for the Christmas season. We are still looking for volunteers to help with the collecting, sorting, typing and other small jobs. Please contact Bev Webber @ [webberbev@gmail.com](mailto:webberbev@gmail.com) or 403-283-0311 to submit your recipes or to offer help.

Your Cookbook Fundraising Team

Dean Kasner  
Fay Grioux  
Donna Antonio  
Linda Brown  
Joan Brown

Hedda Zahner  
Susan Drake  
Carolyn Preston  
Liz Webster  
Marie Paturel

Bev Webber

## **Reflections**

### **What Does It Mean To Be A People of Invitation?**



*Do not try to save the whole world  
or do anything grandiose.  
Instead, create a clearing  
in the dense forest of your life  
and wait there patiently,  
until the song that is your life falls  
into your own cupped hands  
and you recognize and greet it.  
Only then will you know  
how to give yourself to this world  
so worthy of rescue.  
-Clearing by Martha Postlewaite*

Create a clearing, listen for your song and let it teach you how to give yourself to this world. There is no better description of the religious life than this! And notice that it all begins with us inviting otherness into our lives. Yes, our song comes from somewhere deep within us; at the same time, it also comes from something or somewhere beyond ourselves. It takes time, then eventually we come to realize that to be whole and to find home a clearing must be made, cupped hands have to form and otherness must be invited in.

That otherness takes many forms. Most often, we Unitarian Universalists have focused on the otherness of diverse perspectives and ideas. We have a rich tradition of continually expanding the circle to make room for multiple voices. If there is one spiritual practice we all share, it is the practice of trying to hear and invite in voices other than our own. There is power and holiness in the chorus. About this we all agree.

Right alongside the chorus of multiple voices and perspectives sits another kind of otherness. It is the otherness of our particular calling, our particular voice, our particular song. It is never separate from us and yet it is also never quite under our complete control. Every single one of us knows how easy it is to lose touch with it. As Postlewaite's poem says, we make dense forests of our lives where what is most precious is not easily seen or heard.

So clearings become essential. Some may say that the sacred is earned by believing the right things. For us the sacred never arrives until we are able to carve out the right amount of space. With all due respect to those who ask, Do you believe?, we've placed our lot with those who continually ask, Are you making room? Are you committed to the precious clearing? Have you arranged a life with enough space to invite otherness in?

And so as this new year begins, we start with cupped hands.

## Our Spiritual Exercises:

### Option A:

#### **An Invitation to Redefine Success**

[The Invitation](#) by Oriah Mountain Dreamer is one of the most referenced spiritual writings among all liberal religious groups—for good reason. It invites us to completely rethink what this game of life is all about. Forget “what you do for a living” or “how much money you have,” it says. Instead tell us about your ability to “risk looking like a fool for love,” “disappoint another to be true to yourself” or be “weary and bruised to the bone, but still do what needs to be done for the children.” It represents an entirely different spiritual metric. It invites a radically counter-cultural vision of “the good life.”

This exercise asks you to engage its invitation. Here’s your assignment:

Spend a week with the poem: <http://www.stevenkharper.com/invitation.html>. Read it at least once a day for a few days.

1. Pick the one line that you hope will most characterize your life. Don’t worry about whether or not you are currently living up to it. This is about aspiration.

Come to your group and share why this particular invitation is one you want to aspire to.

### Option B:

#### **Are You a Pilgrim or a Monk?**

In her essay, [Following an Ancient Call](#), Christine Paintner reflects on two basic spiritual orientations. Each invites us to engage life differently. Using an animal spirit metaphor she writes, “*the bear hibernates to regain its power and the salmon follows the ancient call back home.*” Using the metaphor of monk and pilgrim, she writes,

“The *monk* in me feels the call of moving inward. My inner monk knows the deep wisdom to be found in rest, in slowness and spaciousness, in not letting the productivity of the world keep me running ever faster. The *pilgrim* in me feels the call of moving outward. My inner pilgrim feels a longing to travel, to walk across new landscapes, to find myself the stranger so that everything I think I know can be gently released.”

So which is it for you? Restoration of power or return to home? Deep wisdom found in rest or needed release found in new landscapes? Which kind of energy is life inviting you to nurture this coming year?

To help with your discernment, take some time this month to:

Read Paintner’s essay: <http://abbeyofthearts.com/blog/2013/08/19/following-an-ancient-call-a-love-note-from-your-online-abbess/>

1. Discern which of the two orientations is inviting you most clearly. Think about this as your spiritual work for the coming year.

Come to your group ready to share your discernment process *and two concrete commitments you are making to yourself to fulfill the call of the monk or the pilgrim.*

### Option C:

#### **Invite A Friend To Church**

This exercise may seem predictable, but that doesn’t mean it’s easy. We UUs have a complicated relationship with sharing our faith and inviting others to receive what has been given to us. If sorting through those complications is something your heart is calling you to do, then this exercise is for you. Don’t rush into it. Take time to figure out why you want to invite someone to church. This exercise is really about you figuring out **your** reason. Once, you’ve got better clarity, go do it. And let your group know what you learned – and were surprised to learn.

Option D:  
Is This A “UU Invitation Song”?

Watch and listen to this video: <https://www.youtube.com/watch?v=gNx10tHhpvU>

On the surface of things, the answer is simple: this is **NOT** a UU invitation song. But are you sure? Your exercise, if you are willing to do it, is to listen to it over and over until you find, not only **you**, but **us** in it. Come to your group ready to share where you feel the invitation to us is in it. What invitation is it offering that you want us to hear?

**Your Question:**

*As always, don't treat these questions like “homework.” Instead, simply pick the one that “hooks” you most and let it lead you where you need to go. And then come to your Soul Matters meeting prepared to share that journey with your group.*

1. Is there enough silence, stillness and space in your life to hear “the invitation”?
2. Are you open to the invitation of the divine? Many traditions talk about the divine as an “ache” or “lure” that invites us to transformation. Do you experience such a divine ache or lure in your life? Do you want to?
3. In her song, [May I Suggest](#), Susan Werner sings, “May I suggest this is the best part of your life...” What if that were true for you? What would it mean for you to accept the invitation that right now is the best and most blessed time of your life? Would it change the way you see what's in front of you?
4. Does your discomfort with traditional religious language prevent you from hearing an invitation into relationship? When others talk of “praying for you” or seeing you or others as “children of God” or joining together to do “God's work,” do hear the invitation to connect or do the words sound like nails on a chalkboard? Do you accept their invitation or correct their language?
5. It is said that behind great anger is great pain. If so anger is an invitation to look at your deep sadness or feelings of lack of control. What is anger trying to invite you to see *and feel* right now?
6. Are you living your “[calling](#)”? Most religions speak of God or Life –something beyond ourselves–inviting us to some unique mission or cause. If it is true that each of us has a unique calling, what's yours? Have you found it? Or are you too distracted to notice the invitation?
7. How are you handling Life's invitation to live gracefully and even gratefully with uncertainty and change?
8. When were you “the stranger” and someone invited you in? More importantly, how are you re-paying that gift in your present day living and loving?
9. What are you doing with the invitation to love yourself?
10. 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 get your thinking started, and maybe to open you to new ways of thinking about what it means to be “a people of invitation.”

**Invitation (n.)**

noun

1. the act of inviting, such as an offer of entertainment or hospitality
2. the act of enticing or attracting; allurement
3. a formal request to be present or participate

synonyms: encouragement, provocation, temptation, lure, magnet, bait, enticement, attraction, allure; come-on

**Wise Words:****Invitation**

by Shel Silverstein

If you are a dreamer, come in.  
If you are a dreamer, a wisher, a liar,  
A hope-er, a pray-er, a magic bean buyer.  
If you're a pretender, come sit by my fire,  
For we have some flax golden tales to spin.  
Come in!  
Come in!

**Invitation**

By Mary Oliver

<http://yearsrisingmaryoliver.blogspot.com/2010/10/invitation.html>

<https://confessionsoftheanxious.wordpress.com/2012/03/26/reflection-on-mary-olivers-poem-invitation/>

**The Invitation**

by Oriah Mountain Dreamer

<http://www.stevenkharper.com/invitation.html>

**Clearing**

By Martha Postlewaite

<https://wildandpreciouslife0.wordpress.com/2013/06/20/clearing-by-by-martha-postlewaite/>

**Prospective Immigrants Please Note**

By Adrienne Rich

<https://vimeo.com/39836802>

<http://www.onbeing.org/program/exodus-cargo-hidden-stories/feature/prospective-immigrants-please-note/1440>

**“The Mountain and the River”**

by Pablo Neruda

<https://calebbeisert.wordpress.com/2013/02/11/the-mountain-and-the-river-by-pablo-neruda/>

**The Guest House, By Rumi**

This being human is a guest house.  
 Every morning a new arrival.  
 A joy, a depression, a meanness,  
 some momentary awareness comes  
 As an unexpected visitor.  
 Welcome and entertain them all!  
 Even if they're a crowd of sorrows,  
 who violently sweep your house  
 empty of its furniture,  
 still treat each guest honorably.  
 He may be clearing you out  
 for some new delight.  
 The dark thought, the shame, the malice,  
 meet them at the door laughing,  
 and invite them in.  
 Be grateful for whoever comes,  
 because each has been sent  
 as a guide from beyond.

**Beginning to Begin By Gunilla Norris**

Can we recognize that now and then  
 there comes an inner sense,  
 a fleeting thought, a little yearning  
 to live our lives differently?  
 We don't know what this means  
 or what it requires.  
 We shake these notions off like a dog shakes off water  
 And go about our business.  
 But the longing continues.  
 Our practical selves only know how to perfect, produce and perform.  
 This, at least, we can see as useful.  
 This has results.  
 We want to believe in this way of perceiving.  
 For a little while it seems to give us  
 some sort of self-image.  
 But the longing doesn't let us alone.  
 It won't go away.  
 We become even busier perhaps  
 to "take care of it."  
 We numb ourselves with distractions—things to do, consume, and maintain—  
 Things to collect, experience, and entertain.  
 We can always think of more miles to run.  
 Still the little yearning continues. . . .  
 Could we sense that this longing is not lack  
 or something worse—some kind of fundamental fault in us?  
 Could we receive it as an invitation instead,  
 a calling, a small voice inviting us home,  
 back to our truer self?  
 This shift in thought can move mountains.  
 It can let us begin to begin.

A real conversation always contains an invitation. You are inviting another person to reveal herself or himself to you, to tell you who they are or what they want. —David Whyte

“Our weakness is an invitation to discover God's strength.” — Carlos A. Rodriguez

“This month, I plan to do a sermon on reclaiming language of reverence. If we are to welcome visitors and invite the interfaith community into partnerships for justice (or be invited by them), we must not cringe at vocabulary they may use. This is especially true for our Black Lives Matter partners. So how do we create a UU lexicon and translation of words like Faith, Spirituality, Salvation, Sin, etc. How can we reclaim the words using definitions that work for us so we can be people of invitation?”

♦ Soul Matters Minister

### Calling, by Nancy Shaffer

When you heard that voice and  
knew finally it called for you  
and what it was saying—where  
were you? Were you in the shower,  
wet and soapy, or chopping cabbage  
late for dinner? Were you planting radish  
seeds or seeking one lost sock? Maybe  
wiping handprints off a window  
or coaxing words into a sentence.  
Or coming upon a hyacinth or one last No.  
Where were you when you heard that ancient  
voice, and did Yes get born right then  
and did you weep? Had it called you since  
before you even were, and when you  
knew that, did your joy escape all holding?  
Where were you when you heard that  
calling voice, and how, in that moment,  
did you mark it? How, ever after,  
are you changed?  
Tell us, please, all you can about that voice.  
Teach us how to listen, how to hear.  
Teach us all you can of saying Yes.

You don't have to attend every argument you're invited to. — ANON

"Hospitality means primarily the creation of a free space where the stranger can enter and become a friend instead of an enemy. Hospitality is not to change people, but to offer them space where change can take place. It is not to bring men and women over to our side, but to offer freedom not disturbed by dividing lines. It is not to lead our neighbor into a corner where there are no alternatives left, but to open a wide spectrum of options for choice and commitment. It is not an educated intimidation with good books, good stories, and good works, but the liberation of fearful hearts so that words can find roots and bear ample fruit" —Henri Nouwen

### Videos & Online:

#### Our House is So Big

An acceptance speech that declares “Our house is so big” and invites us all to not go back into our tiny separate rooms

<https://www.youtube.com/watch?v=AejUt7Tdexl&app=desktop>

## Songs

## Land of Milk and Honey

by Kelley Hunt

<https://www.youtube.com/watch?v=BtI5zL8ctEI>

## Come and Go With Me

UU Hymn

<http://www.uua.org/re/tapestry/children/journeys/session1/132151.shtml>

Peter, Paul &amp; Mary's version:

[https://www.youtube.com/watch?v=HXEf\\_Wld8hA](https://www.youtube.com/watch?v=HXEf_Wld8hA)

## May I Suggest

<https://www.youtube.com/watch?v=FSO-WrIW0tg>

## Invitation Song

Modern Christian worship band inviting the spirit in

<https://www.youtube.com/watch?v=gNx10tHhpvU>

## Articles:

## Following an Ancient Call

Christine Valters Paintner

*An essay that wrestles with two very different ancient invitations and callings: "the bear hibernates to regain its power and the salmon follows the ancient call back home."*<http://abbeyofthearts.com/blog/2013/08/19/following-an-ancient-call-a-love-note-from-your-online-abbess/>

## Our Racial Moment of Truth

New York Times Essay

*A call and invitation to have a US Truth and Reconciliation Commission around race.*[http://www.nytimes.com/2015/07/19/opinion/sunday/our-racial-moment-of-truth.html?emc=edit\\_th\\_20150719&nl=todaysheadlines&nliid=62154555&r=0](http://www.nytimes.com/2015/07/19/opinion/sunday/our-racial-moment-of-truth.html?emc=edit_th_20150719&nl=todaysheadlines&nliid=62154555&r=0)

## The Door: Americanization of Immigrants and African Americans

*An essay reflecting on Adrienne Rich's**Poem, Prospective Immigrants Please Note*<http://english11redclass.blogspot.com/2012/10/the-door-americanization-of-immigrants.html>

## Reason and Reverence: A New Religious Humanism

William Murry

*Humanism as an invitation to be fully human*<http://www.uuworld.org/articles/the-emerging-religious-humanism>

## Movies:

## Grand Canyon

An invitation for two families to enter into each other's very different lives.

[http://www.rottentomatoes.com/m/1037642-grand\\_canyon/](http://www.rottentomatoes.com/m/1037642-grand_canyon/)

## Wings of Desire

Peter Falk offers an invitation to Bruno Ganz: Join me in becoming human!

An angel tires of overseeing human activity and wishes to become human when he falls in love with a mortal.

[http://www.rottentomatoes.com/m/wings\\_of\\_desire/](http://www.rottentomatoes.com/m/wings_of_desire/)

## Books:

*Inviting Silence – Universal Principles of Meditation*

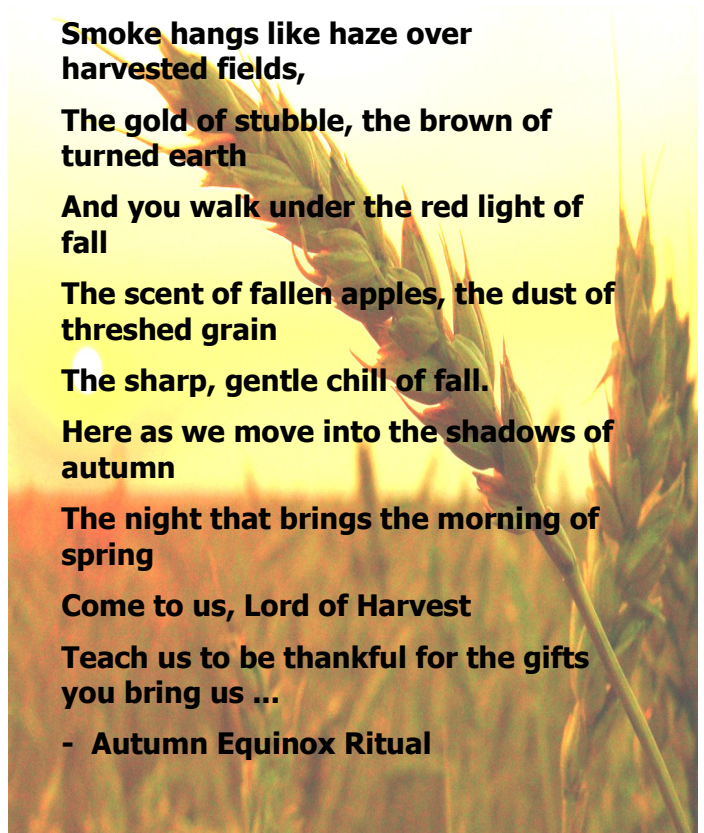
By Gunilla Norris

*Living Beautifully: with Uncertainty and Change*

Pema Chodron

*An invitation to live into uncertainty not resist it.*

Appreciation to the Soul Matters Sharing Circle, a collaboration of UU congregations in Canada and the US, for much of the Reflections content. Used with permission.

**Smoke hangs like haze over  
harvested fields,****The gold of stubble, the brown of  
turned earth****And you walk under the red light of  
fall****The scent of fallen apples, the dust of  
threshed grain****The sharp, gentle chill of fall.****Here as we move into the shadows of  
autumn****The night that brings the morning of  
spring****Come to us, Lord of Harvest****Teach us to be thankful for the gifts  
you bring us ...****- Autumn Equinox Ritual**

## Volunteer of September 2016:

The Volunteer(s) we choose to recognize this month are those that work with the Caring Cooking Connection. The "C.C.C." is a part of the larger Caring Team, and gathers together approximately every six to eight weeks to prepare and freeze individual meals to be left in our church freezers. These are distributed as needed to members of both our church and the larger nearby community. These meals are distributed when needed. Some examples would be: Church members occasionally staying later than expected for meetings; unplanned volunteers attending work bee's; local community members who approach the church when down on their luck; and in support to members during times of health emergency.

This group began volunteering in late 2013 after one of our members read an article in the summer newsletter f

from the Hamilton Church. In its early stages, it was referred to as the 'Casserole Ministry', and was supported wholly out of the leftovers and proceeds from the Second Sunday Suppers, with some help from its individual members. As it grew, one team member approached the local community center in Winston Heights, and their elders group became involved for a time. During that time, the first grant from the city was received, and the city continues to support the Caring Cooking today. More recently, youth from the SikSika band have attended, to cook and serve meals for the Connection.

Bravo to the Caring Cooking Connection! Keep up your good work! If you are considering being part of this group, contact the Caring team to add your name to the list of dedicated volunteers.



### COME MARCH WITH PRIDE – HANDS FREE!

Sunday, September 4, 2016, 9th Ave, Staging area #76 11:30am

UCC will hoist our historic Pride Rainbow Banner high this year – attached to the tops of two cycle-powered Surrey carts (see photo). We invite you to come march UNDER the rainbow! We will be #76 (yellow staging area) of 140, smack in the middle of the parade. Pride fans smile when they see the Surrey and they cheer loudly when they see the Unitarians. Please come join us to show UU support for LGBTQ rights!

**Strong cyclists especially welcome!**

### Co-op Gift Card Purchases

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

The church receives 4% of gift card orders totaling less than \$5000, 6% when we have gift card orders that total \$5000 - \$9999 and 9% for orders \$10,000 or more. If you have not purchased a gift card before, here is how to do it:

By the first Sunday of the month, place a cheque payable to the Unitarian Church of Calgary in the Co-op card mail slot in the office. All cheques will be processed. 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.

Gift card orders - Sunday, September 4 - cheque placed in Co-op card mail box in the office.

**Gift card distribution - Sunday September 11**

**We welcome post-dated cheques !**

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)

## 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. 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.

### Second Sunday Suppers Are Back!!

Doors open at 4:30 and dinner at 5:00

The amazing SSS chefs and kitchen team will once again be cooking up amazing meals! We need to support their efforts by signing up (and cancelling if necessary) by the Wednesday before so they know how many to plan for. We also need front of the house coordination and set-up/clean up teams (see job jar).

**September 11<sup>th</sup>**

**October 10<sup>th</sup>** (note this is Thanksgiving Monday)

**November** - no SSS as chefs working on

Night in Bagdad Gala on Nov. 19<sup>th</sup>.

**December 11<sup>th</sup>**

### TLC and Basic Facilitator Training

Sunday Sept 11<sup>th</sup> 12:15-2:00

Thursday Sept 15<sup>th</sup> 7:00 – 9:00

These workshops will offer basic training for all facilitators with a specialized segment for the facilitators of our Theme-based Listening Circles (TLCs).

Please sign up online or in Wickenden or talk with Rev Debra or Lynn Nugent

## Theme-Based Ministry .... The Challenge to Go Deeper

Each month our Sunday services consider the focus of an over-arching topic/theme, such as integrity, compassion, or joy. The presenters approach each month's theme in a variety of ways, all with the intention of taking us deeper.

You hear about the theme on Sunday mornings and in the monthly **Reflections** section of the **Quest**. Everyone is invited to contribute readings, poetry, books, vignettes, movies ... about the Themes. (please send in by the 15<sup>th</sup> of the previous month). The other component of Theme Based Ministry are the small discussion groups, Theme-based Listening Circles (TLCs), that meet at various times and locations toward the end of each month to reflect together on the topic. Sign-up online anytime.

### Themes for September 2016 - May 2017

<b>September</b>	Invitation	<b>J a n u a r y</b>	C r e a t i o n
<b>O c t o b e r</b>	B l e s s i n g	<b>February</b>	Love & Justice
<b>November</b>	L e t t i n g   G o	<b>March</b>	S i m p l i c i t y
<b>December</b>	E x p e c t a t i o n	<b>April</b>	R e s i s t a n c e
		<b>May</b>	C o m p a s s i o n





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				112:00 PM-W- MAC-G	2	3
408:00 AM-P/W/K Worship Service	506:00 PM-B- Board Meeting 06:30 PM-W/K- Wild Rose Sangha 07:00 PM-P-OVC 07:00 PM-4- History & Archives	610:00 AM-W- Horticultural Ther- apy 07:00 PM-B- Finance commit- tee	711:00 AM-B-Staff meeting 05:00 PM-W-CYPT 07:00 PM-P-CRSP	807:00 PM-P- UUPhonia re- hearsal	9	1009:30 AM-P- CRSP extra re- hearsal 06:00 PM-1-CP w/ Amber 06:30 PM-W/K- Contra Dance
1108:00 AM-P/W/ K Worship Service 03:30 PM-W/K- 2nd Sunday Sup- per 07:00 PM-4-OWL informational mtg	1206:00 PM-1- Arthritis Support Group 06:30 PM-W/K- Wild Rose Sangha 07:00 PM-P-OVC	1306:30 PM-P- Vocal Latitudes rehears	1410:00 AM-W- Needlecraft 11:00 AM-B-Staff meeting 06:00 PM-B-Board meeting 07:00 PM-P-CRSP 07:00 PM-1- Raging Grannies 07:30 PM-4-AJC	1507:00 PM-P- UUPhonia re- hearsal	16	1701:30 PM-K- Elevated Learning 06:00 PM-B/W/K- Covenant of Gaia
1808:00 AM-P/W/ K Worship Service 12:30 PM-8-OWL for 7-9 02:00 PM-W- Sacred Web Sing- ers 06:00 PM-8-OWL class for grade 7-9	1906:00 PM-B- Board Meeting 06:30 PM-W/K- Wild Rose Sangha 07:00 PM-P-OVC	2010:00 AM-W- Horticultural Ther- apy 06:00 PM-1-Adult OWL 06:30 PM-P-Vocal Latitudes rehears	2111:00 AM-B- Staff meeting 05:00 PM-W-CYPT 07:00 PM-P-CRSP	2207:00 PM-P- UUPhonia re- hearsal	2305:00 PM-P/W/ K/B-Local Food dinner	2409:00 AM-W- CYPT
2508:00 AM-P/W/ K Worship Service 06:00 PM-8-OWL class for grade 7-9	2606:30 PM-W/K- Wild Rose Sangha 07:00 PM-P-OVC	2710:00 AM-W- Horticultural Ther- apy 06:00 PM-1-Adult OWL 06:30 PM-P-Vocal Latitudes rehears	2810:00 AM-W- Needlecraft 11:00 AM-B-Staff meeting 05:00 PM-W-CYPT 06:00 PM-4-JMC 07:00 PM-P-CRSP 07:00 PM-1- Raging Grannies	2907:00 PM-P- UUPhonia re- hearsal	3007:00 PM- Listening to Music	



## How to Reach UCC Staff

### Minister

Rev. Debra Faulk  
[debra@unitarianscalgary.org](mailto:debra@unitarianscalgary.org)  
 403-230-8938 (office)  
 403 702-6486 (cell)

Director of Religious Exploration /  
 Youth Program Coordinator  
 Shannon Mang  
[dre@unitarianscalgary.org](mailto:dre@unitarianscalgary.org)  
 403-230-4146

### 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 September.***

### 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 [saggward@shaw.ca](mailto:saggward@shaw.ca) or Frances Schaink [blue.sky@infovisi.com](mailto:blue.sky@infovisi.com)