

# REFLECTIONS

Theme Based Ministry Newsletter of the Unitarian Church of Calgary  
Volume 1, Issue 4 • December 2014

## What does it mean to live a life of Connection?

**December's theme:**

### Connection

December 3rd (7:30 pm)

Interconnected

December 7th

Our Deepest Connections

December 14th

Star Shine: A Holiday  
Pageant

December 17th (5:30 pm)

Connecting to Feeling  
Blue

December 21st

When Is the Night Over?

December 21st (7:00 pm)

Winter Solstice Service

December 24th (7:30 pm)

Connecting with the  
Season

December 28th

Fire Communion: A Year  
of Connections

One wonders if we really notice it anymore. We laugh about it. We joke about it. But rarely do we seem to see the sad irony of it: December offers us more rituals for connection than we can count, and yet so often we run through the month more disconnected than at any other time of the year.

Hanukkah, Christmas, Solstice—all the major winter spiritual rituals place connection (and reconnection) at their core. Each in their own way invites us to reweave ties with family and friends, rekindle hope that has been lost, recommit to simple, fundamental human values such as peace, kindness, human unity, and love. But what usually ends up dominating? Speed, shopping lists, and piles of plastic.

We've heard all this before. We don't need any more analysis. We know the season has been messed up. We are quite aware that disconnection reigns. Maybe what we really need is intention to help put things right.

So this month, let's endeavour to reconnect with what matters most in our lives—be that our loved ones, with cherished traditions, with the planet, or with life itself.

Here's the plan: The two spiritual exercises are "rituals of reconnection" to help each of us honour the season. They are designed to help us reclaim the season in the name of connection. And most importantly, each of them is designed to be manageable. (I'm mindful that giving you a tonne of "homework" in this "the season of too much" would be the saddest irony of all!)

Happy reconnecting!

Namaste  
Debra

## Upcoming Services

<p><b>Dec 3 (7:30pm)</b> <i>Interconnected</i></p> <p><b>Description:</b> We are all interconnected, it's stated as a principle that we hold dear to our lives. But what does that mean for each of us, individually? How have the connections that you have made, or have stumbled upon, or that have fallen in your lap helped make you? How has being interconnected been significant in the decisions that you have made to get you where you are. Spend this hour reflecting on and interacting with these strands in your life.</p>	<p><b>Dec 7</b> <i>Our Deepest Connections</i></p> <p><b>Description:</b> What is that very deep, perhaps innate, longing within each of us to connect? The December theme is "connection". Mid-winter is often a time for connection with friends and family. It may also be a time when we notice the cycles of seasons, the earth's, our own, and the connections that bind all things to the interdependent web of life.</p> <table border="1"> <tr> <td>Presenter</td> <td>Rev. Debra Faulk</td> </tr> <tr> <td>Service Associates</td> <td>Chris Rothbauer, Intern Minister, and Danielle Webber, Student Minister</td> </tr> <tr> <td>Music</td> <td>Jane Perry, Music Director and UUPhonia</td> </tr> </table>	Presenter	Rev. Debra Faulk	Service Associates	Chris Rothbauer, Intern Minister, and Danielle Webber, Student Minister	Music	Jane Perry, Music Director and UUPhonia		
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<p><b>Dec 14</b> <i>Star Shine: A Holiday Pageant</i></p> <p><b>Description:</b> Star Shine is a celebration of the meaning of stars in our culture. We will watch a story unfold of a small child who wishes to hold a star; examine facts and fiction of the Bethlehem star phenomenon and experience the traditional story of the Bethlehem Star... with a twist! *This service will include donations for the Mitten Tree*</p> <table border="1"> <tr> <td>Presenters</td> <td>A Cast of Many</td> </tr> <tr> <td>Service Co-ordinators</td> <td>Shannon Mang, DRE and Brian Dorscht</td> </tr> <tr> <td>Music</td> <td>Jane Perry, Music Director with musical guests</td> </tr> </table>	Presenters	A Cast of Many	Service Co-ordinators	Shannon Mang, DRE and Brian Dorscht	Music	Jane Perry, Music Director with musical guests	<p><b>Dec 17 (5:30pm)</b> <i>Connecting to Feeling Blue</i></p> <p><b>Description:</b> A special Blue Christmas service to honour the pain many feel around the holidays. The merriment of the Christmas season often reminds us of what we've lost or never had. This will be a quiet service of readings, reflections, and candle lighting, with room made to honour sorrows and pains in our lives. Rather than encouraging you to get happy or in the spirit of the season, we will honour how you are feeling in your heart, no matter what that may be. A light meal will follow the service.</p>		
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Music	Jane Perry, Music Director with musical guests								
<p><b>Dec 21</b> <i>When is the Night Over</i></p> <p><b>Description:</b> There is a Jewish (Hasidic) folk tale where a rabbi asks his pupils the question: How can you tell when the night has ended and the day has begun? As we dwell in the time of the year with the longest nights, as we are enveloped in a holiday season that can seem more and more out of control, as we gather in a time that is difficult for many among us, we will explore the wisdom of this parable and its message of connection of all of us.</p> <table border="1"> <tr> <td>Presenter</td> <td>Sean Neil-Barron</td> </tr> <tr> <td>Service Associate</td> <td>Rev. Debra Faulk</td> </tr> <tr> <td>Music</td> <td>Jane Perry, Music Director and UUPhonia with guest guitarist Caeli Barron</td> </tr> </table>	Presenter	Sean Neil-Barron	Service Associate	Rev. Debra Faulk	Music	Jane Perry, Music Director and UUPhonia with guest guitarist Caeli Barron	<p><b>Dec 21 (7pm)</b> <i>Solstice Service</i></p> <p><b>Description:</b> Come and join us as we celebrate another Holy Night. Remembering that both light and dark need each other to exist, we'll be performing a sacred circle, during which we'll be making a Green Man, calling the quarters, singing and chanting, invoking and inviting the Goddess, and remembering ancestors. After, we'll adjourn to Wickenden, where we will be regaled with a play, dance, and enjoy the season's "cakes and ale", with Wassail! We will be taking a collection for "Inn From the Cold". Please bring a small bit of greenery, a short, four-foot length of ribbon, and some goodies to share.</p> <table border="1"> <tr> <td>Presenters</td> <td>Danielle Webber and Emma Russell</td> </tr> </table>	Presenters	Danielle Webber and Emma Russell
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<p><b>Dec 24 (7:30pm)</b> <i>Connecting with the Season</i></p> <p><b>Description:</b> The annual Christmas Eve service will feature music, readings, and reflections to help us connect with the Christmas season.</p> <table border="1"> <tr> <td>Presenter</td> <td>Chris Rothbauer, Intern Minister</td> </tr> <tr> <td>Music</td> <td>Jane Perry, Music Director with musical guests</td> </tr> </table>	Presenter	Chris Rothbauer, Intern Minister	Music	Jane Perry, Music Director with musical guests	<p><b>Dec 28</b> <i>Fire Communion: A Year of Connections</i></p> <p><b>Description:</b> Take this time to reflect on the year that has passed, and the one that is upon us. How have your connections been important for the year passed? Are the connections that you made strong and active, or do they need to be reinforced? We will be reflecting on how these connections help us and hinder us throughout the year and how we want to move forward through the New Year.</p> <table border="1"> <tr> <td>Presenter</td> <td>Danielle Webber, Student Minister</td> </tr> </table>	Presenter	Danielle Webber, Student Minister		
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\*All services are Sunday mornings at 10:30am unless otherwise noted.\*

## Getting Started: December's Spiritual Exercise

### *Thinking About Connection*

#### ***Spiritual Exercise #1: "Honour a Holiday That Worked"***

Your work here is the work of memory. Each of us hopefully has at least one memory of a time in our lives when the rituals of the season "worked." A story was told at Hanukkah that really made you believe that the flame within us can stay lit against all odds. A gift was given at Christmas that really did show that the giver cared and understood you. A holiday meal truly did bring the family together. Caroling in the neighbourhood somehow produced a magical moment. A solstice celebration truly made you feel like the light would return, even though things seemed entirely dark.

We get in to such a rut with our holiday rituals. We end up going through the motions. We forget that—if we are open to them—they really do have the potential to work a bit of magic. Remembering a time when they "worked" is the first step toward softening us up so they can work their magic on us again. Scrooges really have become saints during this time of year. But for it to work we have to believe it can happen. Come to your group with a story of a time when the magic worked!

#### ***Spiritual Exercise #2: "Reconnect With and Take Seriously a Holiday Message"***

The winter spiritual traditions are about reminding of us things we easily forget—helping us notice treasures of which we've lost sight. Hanukkah calls us to reconnect with our families, our heritage, and the belief that miracles can happen even against all odds. The winter solstice invites us to reconnect with the earth, the gifts of darkness, and the belief that light always returns. And Christmas asks us to reconnect with care for the greater good and the hope that this world can give birth to unexpected miracles that will redeem and transform us all.

Take some time to think about which of the "holiday values" or "holiday messages" you need to reconnect with most. Peace on earth. Family. Belief. Light in the midst of darkness. Gift-giving. Goodwill to all. A child shall lead us. Santa is real. The list goes on and on. Your task is to decide which of the holiday messages is speaking to you. Which one "has your name on it?" Which one do you want to take seriously this holiday season?

After you pick the holiday message you want to take seriously, DO SOMETHING ON ITS BEHALF. Do something to let it into your life more deeply. Do something to honour it. Let it do something to you. It might be something as simple as organizing an evening of caroling or serving a meal at a shelter. Maybe your work is more inward. Maybe you've stopped believing that the darkness will lift. Maybe your task is to do nothing but listen—listening to others and the world around you as it tries to offer you hope. Maybe "peace on earth" is calling you to make a more radical commitment to the work of peace yourself.

Whatever it is, come to your theme group meeting with one message that you want to claim as your own, and let others know what you're doing to let that message "sink in."

## For Inspiration

*Remember that these readings serve as “jumping off points.” They are not here to tell us how to “do it right.” Rather they serve as windows into how others have thought about what it means to be a person of deep listening. Hearing about the journeys of others, we are better able to think through our own.*

*There’s a lot here. Don’t attempt to absorb or analyze it all. Rather, think of it as a treasure chest that you are sifting through to find the jewel that speaks most strongly to your heart. Come to the meeting prepared to share the selection that resonates with or speaks most powerfully to the story of your own life right now.*

When we know ourselves to be connected to all others, acting compassionately is simply the natural thing to do.

- Rachel Naomi Remen

If you’re going to care about the fall of the sparrow then you can’t pick and choose who’s going to be the sparrow. It’s everybody.

- Madeleine L’Engle

Among people around the world, nourishing relationships are the single most universally agreed-upon feature of the good life. While the specifics vary from culture to culture, all people everywhere deem warm connections with others to be the core feature of “optimal human existence.”

- Daniel Goleman, *Social Intelligence*

When I say it's you I like, I'm talking about that part of you that knows that life is far more than anything you can ever see or hear or touch. That deep part of you that allows you to stand for those things without which humankind cannot survive. Love that conquers hate, peace that rises triumphant over war, and justice that proves more powerful than greed.

- Fred Rogers

The life I touch for good or ill will touch another life, and that in turn another, until who knows where the trembling stops or in what far place my touch will be felt.

- Frederick Buechner

When we try to pick out anything by itself, we find it hitched to everything else in the Universe.

- John Muir

What a lot we lost when we stopped writing letters. You can't reread a phone call.

- Liz Carpenter

When we give ourselves as a gift to the life of the spirit, that life reciprocates. If sustained, this dynamic makes our lives a seamless broadloom of call-and-response, an endless exchange of gifts.

- Gregg Levoy, *Callings: Finding and Following an Authentic Life*

Technologies of the soul tend to be simple, bodily, slow and related to the heart as much as the mind. Everything around us tells us we should be mechanically sophisticated, electronic, quick, and informational in our expressiveness—an exact antipode to the virtues of the soul. It is no wonder, then, that in an age of telecommunications—which, by the way, literally means "distant connections" - we suffer symptoms of the loss of soul. We are being urged from every side to become efficient rather than intimate.”

- Thomas Moore, *Soul Mates : Honouring the Mysteries of Love and Relationship*

When we get too caught up in the busyness of the world, we lose connection with one another – and ourselves.

- Jack Kornfield

Oh how beautiful this finely woven earth. We are bound in threads of joy, of grief, of soul. My tears fall from your eyes, your joy rings in my laughter, we are bound together.

Give me your sorrow. I will stretch across to you over green pine and sparkling lake. You will feel how my heart beats with yours.

Oh how beautiful our finely woven earth.

- *Gaia Willis-Owen*

The First Nations had protocols they had to follow in order for agreements with others to take a proper shape and so become real. They were not seeking opportunistic deals. They wanted balanced arrangements that could work for a long time, providing both parties were prepared to keep on discussing and adjusting on a regular basis – usually once a year – to maintain the appropriate equilibrium.... The protocols in question were expressed through complex linguistic concepts. In Cree alone, you find a vast array of concepts central to these protocols – concepts that describe how people can live together. These are not in the first instance about ownership or competition or control. They are about sustainable human relationships. More important still, they are about harmony in a world in which humans are only one element among a vast panoply of dynamic forces. In all of their formal sessions with British and Canadian officials, the Cree were negotiating on the basis of *Witaskewin*—how people, not necessarily coming out of the same nations, can live together. It is an idea of carefully negotiated and continually renegotiated peaceful co-existence. That idea of co-existence is based on a related concept of sharing, which includes the idea of sharing the space, and is dependent upon *Wahakohtoin*, which means relationships that work because they follow a complex, unwritten code of ethics. The outcome is intended to be *Miyo-wicehtowin* – good, healthy, happy, respectful relationships.

- *John Ralston Saul, A Fair Country*

The world is not divided into the strong who care and the weak who are cared for. We must each in turn care and be cared for, not just because it is good for us, but because it is the way things are.

- *Sheila Cassidy, Healing After Loss*

(*English doctor known for her work in the hospice movement*)

Even the simple life needs a few simple occasions like this. I enjoy fussing over the dinner table, finding the right wildflowers for a centerpiece and a small bowl to arrange them in, with friends coming to make it a festive meal. My everyday standard of hospitality is to have an open door and open arms, to share whatever I can find in the refrigerator without worrying about it being humdrum. (I once knew a woman who would invite for tea only as many guests as she had matching cups and saucers. Putting things before people seems a poor priority!)

- *Doris McCarthy, Ninety Years Wise (a Canadian artist known for her abstract landscapes)*

In the old days, the primary job of the native Lakota mother was to teach the new child that he or she was connected with everything in the circle of life. She would take the child walking and say, “See the squirrel? That’s your brother. See the tree? We are related. This is your family; these are all your family.” Because they were all brought up that way, they knew deeply that they were all interconnected, they were all family, they were all conscious. Lakota children had an opportunity to begin early in life to attend to the whole or the holiness, the spiritual side of things, and then to expand this ability powerfully as they grew.

- *Brooke Medicine Eagle*

We are like islands in the sea, separate on the surface but connected in the deep."

- *William James.*

Once leave your own knowledge of God, your own sentiment, and take secondary knowledge, as St. Paul's, or George Fox's, or Swedenborg's, and you get wide from God with every year this secondary form lasts, and if, as now, for centuries—the chasm yawns to that breadth, that men can scarcely be convinced there is in them anything divine."

- *Ralph Waldo Emerson, from "The Divinity School Address*

Wilbur's heart brimmed with happiness....

"Welcome to the barn cellar. You have chosen a hallowed doorway from which to string your webs. I think it is only fair to tell you that I was devoted to your mother....I shall always treasure her memory. To you, her daughters, I pledge my friendship, forever and ever." "I pledge mine," said Joy. "I do, too," said Aranea. "And so do I," said Nellie.... It was a happy day for Wilbur. And many more happy, tranquil days followed.

- *E. B. White, Charlotte's Web*

Based on the circle, the universal symbol for unity and wholeness, the labyrinth sparks the human imagination and introduces it to a kaleidoscopic patterning that builds a sense of relationship: one person to another, to another, to many people, to creation of the whole. It enlivens the intuitive part of our nature & stirs within the human heart the longing for connectedness and the remembrance of our purpose for living.

- *Lauren Artress, Walking a Sacred Path*

"The history of your happiness is the history of your feeling connected."

- *Vironika Tugaleva*

Communication - the human connection - is the key to personal and career success.

- *Paul J. Meyer*

Loneliness is proof that your innate search for connection is intact.

- *Martha Beck*

When we are in communion with another, we become open and vulnerable to them. We reveal our needs and our weaknesses to each other. Power and cleverness call forth admiration but also a certain separation, a sense of distance; we are reminded of who we are not, of what we cannot do. On the other hand, sharing weaknesses and needs calls us together into "oneness." We welcome those who love us into our heart. In this communion, we discover the deepest part of our being: the need to be loved and to have someone who trusts and appreciates us and who cares least of all about our capacity to work or to be clever and interesting. When we discover we are loved in this way, the masks or barriers behind which we hide are dropped; new life flows. We no longer have to prove our worth; we are free to be ourselves. We find a new wholeness, a new inner unity.

- *Jean Vanier, Becoming Human*

May we break boundaries, tear down walls, and build on the foundation of goodness inside each of us. May we look past differences, gain understanding, and embrace acceptance. May we reach out to each other, rather than resist. May we be better stewards of the earth, protecting nurturing and replenishing the beauties of nature. May we practice gratitude for all we have, rather than complain about our needs. May we seek cures for the sick, help for the hungry, and love for the lonely. May we share our talents, give our time, and teach our children. May we hold hope for the future very tenderly in our hearts and do all we can to build for bright tomorrows. And may we love with our whole hearts, for that is the only way to love.

- *Kathy Davis, "The Greatest Gifts"*

Drawing is a way of coming upon the connection between things, just like metaphor in poetry reconnects what has become separated.

- John Berger

It is paradoxical that many educators and parents still differentiate between a time for learning and a time for play without seeing the vital connection between them.

- Leo Buscaglia

Everybody laughs the same in every language because laughter is a universal connection.

- Yakov Smirnoff

**A CONNECTION**  
is the energy  
**THAT EXISTS**  
between **TWO PEOPLE**  
when they feel  
seen, heard, and valued;  
when they can  
give and receive  
**without** judgment;  
and when they  
derive sustenance  
and **STRENGTH** from the  
relationship.

## Questions for Discussion

Connection can have many connotations. There are endless aspects of life with which we might connect. In this collection of readings, you're invited to consider the countless ways you are connected to everything else.

**Who or what do you need to connect—or reconnect—with in your life?**

What keeps you from making this connection? What do you need in order to make these connections?

**Have you experienced a moment of synchronicity that was particularly meaningful to you?**

How did it affect your sense of being connected?

**What are the interdependencies in your daily life?**

What communities do you belong to, how do they enrich you, how do you enrich them? Who depends on your support and encouragement?

Who do you nurture?

Who do you rely upon for support, encouragement, and nurturing?

# A COVENANT FOR HONOURING CHILDREN

RAFFI

We find these joys to be self evident: That all children are created whole, endowed with innate intelligence, with dignity and wonder, worthy of respect. The embodiment of life, liberty and happiness, children are original blessings, here to learn their own song. Every girl and boy is entitled to love, to dream and belong to a loving “village.” And to pursue a life of purpose.

**Family Page**  
**Submitted by Shannon Mang,**  
**Director of Religious Education**

## Connection with Our Children

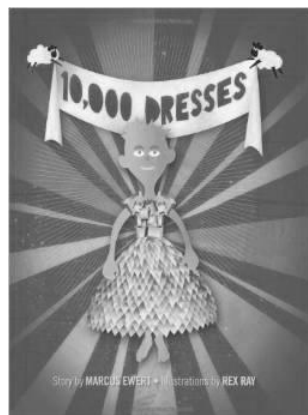
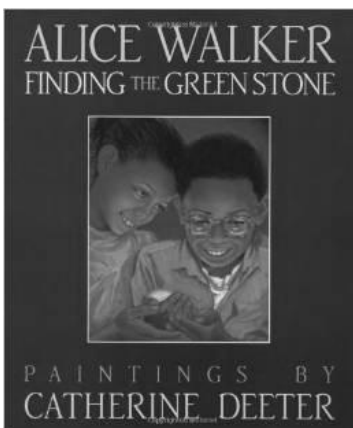
A friend of mine shared a wise insight with me, “The church in our time is one of those **rare** places where all generations come together in one place.”

Today many of us have much loved extended family, grandparents and aunts and uncles and cousins and family whom ‘we choose’, but few of us are fortunate to have all of them live in the same community or city, or province or even the same country.

This **Beloved Community** is where generations can, and do mix on Sunday mornings, and on All-Ages Sundays, and for Mid-Winter Pageants, and for Multi-Generation Choir, and for 2<sup>nd</sup> Sunday Suppers, and for Secret Buddies for several weeks every year where one adult has the opportunity to get to know one child from the CYRE program really well.

The quote above is the first of three sections that make up *A Covenant for Honouring Children* written by Raffi in 1999. The impact that we can have by being a loving ‘village’ for all the members of our community is immeasurable.

Three books about Connection to share with the children in your life this month:





## Extra Resources for Connection

### Books

Ann Patchett, *Bel Canto*

Kris Radish, *The Elegant Gathering of White Snows*

Kris Radish, *Annie Freeman's Fabulous Traveling Funeral*

Jo Robinson and Jeanne Staeheili, *Unplugging the Christmas Machine*

John Ralston Saul, *A Fair Country: Telling Truths About Canada*

Virginia Woolf, *To the Lighthouse*

Martin Buber, *I and Thou*

Robert D. Putnam, *Bowling Alone*

### Movies

Most movies have at least some element of 'connection' within the plot: connection with group/tribe, connection with family, connection with ideas, connection with land/universe, romantic connection, movies in and of themselves are about connection for they are made to connect with the viewer.

A few:

Autumn Rush ~ power of connection

Avatar ~ interdependent web, everything is connected

Whale Rider ~ connection to purpose

### Video and Audio

Brene Brown has a TED talk on connection

[http://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability?language=en](http://www.ted.com/talks/brene_brown_on_vulnerability?language=en)

Louie Schwartzberg, TED Talk: "Nature. Beauty. Gratitude."

[http://www.ted.com/talks/louie\\_schwartzberg\\_nature\\_beauty\\_gratitude.html](http://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude.html)

Video that tells a bit about each person whom you encounter, set in a hospital.

<http://www.onbeing.org/blog/an-empathy-video-that-asks-you-to-stand-in-someone-elses-shoes/5063>

## **Opportunities for Connection this Season**

### **Special Services**

*Connecting to Feeling Blue* – Wednesday, December 17<sup>th</sup> at 5:30 pm

Sometimes called Blue Christmas, this is a chance to honour the feelings of pain and loss that may be more poignant at this time of year. A light meal will follow the service.

*Winter Solstice Celebration* – Sunday, December 21<sup>st</sup> at 7:00 pm

Honouring the pagan tradition of solstice and yule we gather in a circle and afterward, a Mummers Play and wassail.

### **Concerts & Events**

*One Voice Chorus presents "Make the Yuletide Gay!"* - Saturday, December 6 at 7:30pm

St. Stephen's Anglican Church (1121 14 Avenue SW). Tickets are available in advance from Jane Perry. \$20 regular, \$15 senior/student, and free for those age 12 and under.

*UUphonia in concert!* – Saturday, December 13<sup>th</sup> at 7:30pm

Come hear UUphonia and musical guests, TriUU, the BarberEllas, and pianist Michael McKiel. Advance tickets will be available at Sunday coffee hour: \$20 regular, \$15 senior/student, or pay what you can, with free admission for those age 18 and under.

*Vocalitudes Concert* - Tuesday, December 16<sup>th</sup>, at 7:30pm, doors at 7:00pm

Vocalitudes, a world music choir directed by Frank Rackow, presents, *Season of Love*, celebrating love's beauty and delight with traditional, African, Gospel, Jazz, Folk and Contemporary music. Tickets are \$15 or pay what you can (portion goes to charity/12 and under free). Refreshments will be served. Featuring Michael McKiel, Robin Tufts and Tom Mirhady. Call Frank at 403.277.5295 or [www.vocalitudes.org](http://www.vocalitudes.org)

### **Meals**

*Second Sunday Supper* – Sunday, December 14, doors open 4:00p.m. and supper @ 5:00

Menu: Roast beet & tofu loaf, Roast Ham, Scalloped potatoes, Bean salad, Salad bar, Truffle  
Please sign up in Wickenden Hall.

*Christmas Potluck Dinner* – Thursday, December 25, doors open at 4 p.m. and eating starts at 5:30

Join in food and fellowship for our annual potluck Christmas Dinner at the church. There will be great conversation and games for kids and adults. Please invite friends and family. Sign-up is appreciated.

### **Generosity Opportunities**

*Families in Need* – this year we will support three families 2 through the Siksika Urban Office and one through Alberta Children's Hospital. See the display in Wickenden for a list of needed items and to drop off your contributions. Further Info from [Danielle@unitarianscalgary.org](mailto:Danielle@unitarianscalgary.org)

*Mitten Tree for Inn from the Cold* – December 14<sup>th</sup> during the Star Shine Holiday Pageant

You are invited to decorate the tree with mittens, gloves, scarves, toques, socks (there will also be little mittens to hold cash donations)

*Interfaith Food Bank* – boxes will be onsite through the month

*\*All events are at the Unitarian Church of Calgary, unless noted otherwise\**

## Looking Ahead

The content for these packets is a group effort. We welcome submissions of your ideas of readings, stories, videos, visual images, questions, and spiritual exercises for each month's topic. While not everything will make it into this collection, it is useful for our worship team and our group facilitators. You can send submissions for January's topic of "Character (ethics)" by the third Sunday, December 20<sup>th</sup>, to [debra@unitarianscalgary.org](mailto:debra@unitarianscalgary.org)

### Themes for Winter and Spring 2015

January – Character (ethics)  
February – Passion

March – Freedom  
April – Sustainability

May – Honesty  
June – Imagination

### Theme-based Listening Circles (TLCs) for 2014-15

**Introductory TLC** – those interested in joining a TLC are invited to try it out with the first one on Deep Listening being offered in January by Rev Debra. After these sessions new TLCs will be formed. Please sign up in Wickenden Hall, at [TLC@unitarianscalgary.org](mailto:TLC@unitarianscalgary.org) or call Debra.

Sunday January 4<sup>th</sup> 12:30 – 2:30

Monday January 5<sup>th</sup> 7:00 – 9:00 pm

Theme-based Listening Circles are now meeting all over the city! This is your opportunity to connect with others within the church while, at the same time, delving deeper into the theme of the month. If you still need to sign-up, spots are available in many of the groups and new groups will be forming soon to meet demand. These are the current groups.

4<sup>th</sup> Sunday, 12:00-2:00 pm, Unitarian Church of Calgary, Chris Rothbauer and Ev Dewar, Facilitators

4<sup>th</sup> Tuesday, 7:00-9:00 pm, Renfrew, Liz Webster and Susan Bradt, Facilitators

4<sup>th</sup> Wednesday, 2:00-4:00 pm, Kensington, Bev Webber and Martin Watson, Facilitators

4<sup>th</sup> Friday, 10:00 am-12:00 pm, Unitarian Church of Calgary, Bonnie Evans and Sylvia Fenn, Facilitators

A TLC is forming especially for families that will meet at various locations and times throughout the year. A virtual TLC is also available.

To sign-up for any of these TLCs, e-mail Chris Rothbauer at [chris@unitarianscalgary.org](mailto:chris@unitarianscalgary.org) or phone (587) 585-5141.

# REFLECTIONS



Unitarian  
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