

December 2016

The Quest

December 2016 Services: Expectation

December 4 10:30am

Expect the Unexpected

Presenter: Rev Debra Faulk
Service Leader: Lynn Nugent
Music: Jane Perry, Music Director with UUphonia

December 11 10:30am

Where Expectation Meets Action

Each year the Social Justice Committee recommends a member of the wider community to receive the William Irvine Justice Award. This year's recipients are Chantal Stormsong Chagnon & Cheryle Greyeyes Chagnon activists who work tirelessly particularly for Indigenous rights. This morning we honour them and deepen our awareness of some of the issues that are close to their hearts. See page 7

Presenters: Rev Debra Faulk and Members of the Social Justice Committee

Service Leader: Brian Dorscht
Music: Jane Perry, Music Director

December 15 - Service at 5:30 pm Thwarted Expectations - Blue Christmas

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

** A light soup and bread meal will follow the service.

Presenters: Rev Debra Faulk and Lynn Nugent

Music: Jane Perry

December 18 10:30am

Return of the Light: Solstice Pageant

Come hear a story about a very weary, and under-appreciated Sun who is invited to rest and recover by Mother Darkness.

Presenters: Children and Youth, a cast of many
Music: Jane Perry, music director and UUphonia

** There will be a mitten tree collection - hats, scarves, mitten, gloves for Inn from the Cold.

December 21 7:00pm

Expecting the Sun's Return - Honouring Solstice

On this the shortest day of the year, we gather with expectation of the lengthening days to come, to celebrate the turning of the season with pagan ritual, followed by a mummers play and wassail. Please join us one and all and bring a length of ribbon and some greenery and perhaps a few sweets to share.

Presiding: Brandis Purcell, Rev Debra Faulk and Ronni Joy Leah

December 24 - Service at 7:00 PM

Unitarian Lessons and Carols

With readings and music and of course the traditional interactive singing of 12 Days of Christmas

and the candlelight Silent Night we gather on this Christmas Eve to celebrate the essence of this holiday of kindness, compassion, sharing and the recognition of every birth, every child, everyone as a holy birth.

Presenters: Rev Debra Faulk and the voices of many

Music: Jane Perry, Music Director and Chor Vida

December 25 Service at 10:30am Christmastime Is Here

On this Christmas morning, we will have a casual participatory service with music inspired by A Charlie Brown Christmas, a time to be together and share Christmas memories and longings. Pajamas optional.

Presenter: Rev Debra Faulk
Music: Jane Perry, Music Director and bassist Cora Castle

January 1 10:30 am

Fire Communion

We have been counting our blessings, letting go of the things that do not serve us and have perhaps raised our expectations. So- what do you want to create or recreate in 2017? The Fire Communion is a shared acknowledgement of the experiences and lessons of the past year and an opportunity to make intentional choices for the year to come. We do this with gratitude for what has been experienced and hope for the future. Come join us in the celebration!

Presenter: Mary Anna Louise Kovar

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Debra's Deliberations

The first snow of the season is sparkling white. It seems to wipe everything clean. There is, for a moment, a quiet and a calm that pervades my street and creeps into me too. It is magical, beautiful, and soft. I cherish such moments, when the world appears at peace and when that peace permeates my soul as well. This fleeting experience remains a memory, serenity incarnated and available. Such beauty surrounds us if we will but notice.



All too quickly the moment passes and the realities of the times move back into consciousness. The world is poised for change, thrust upon us in part a consequence of fear, greed, and environmental short-sightedness. There is no snowfall that can wipe clean the messes made by our species. The challenge in the face of this is to be realistic and hopeful, pragmatic while engaged, cynical without paralysis, willing to be agents of change and to truly work on the side of love.

This time of year has become a time for hope and cease-fires, inviting peace to be present in the world and in our lives. Love seems more tangible as we spend time with family and those who are meaningful in our lives. It can also be a time when sorrow is magnified because of losses and broken relationships. Let us reach out intentionally to others in need of care and attention.

This season of extended darkness also feels to me to be a time for introspection. So let me share with you some of my hopes, wishes and insights. I hope that as a species we learn to communicate more effectively, with ourselves, each other, and all beings, less with judgment/conflict and more with kindness. May we seek the very heart of the matter and then listen to our own heart's response. I wish for growth - of mind, body and spirit - for wisdom, kindness and health, individually and globally.

Now, in the winter of the year when we often focus on relationships, may we be ever grateful for the ability to love and respond to love of others. May we notice the many opportunities to express that affection genuinely into the world and then act upon the awareness, always remembering that the good done by us returns tenfold, yet acting not for the payback, but because it feels good and is how we are called to be in the world.

Peace, joy and goodwill to all!!

The Work of Christmas ~ Howard Thurman

When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and the princes are home,
When the shepherds are back with their flock,
The work of Christmas begins:

to find the lost,
to heal the broken
to feed the hungry,
to release the prisons,
to rebuild the nations,
to bring peace among the brothers,
to make music in the heart.

Namaste, Debra

December 4 Others - Inn From The Cold &
Calgary Interfaith Food Bank

Christmas Eve: Minister's Discretionary Fund

October 4 Others contributed \$823.62 to
Habitat for Humanity Interfaith Build!

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.

Shavings from the Board

Thank you to those people who attended the Congregational Meeting on November 6th. Here are some topics we covered at the meeting:

We received the Annual Report for the 2015-16 year, in which our staff and our several committees described the highlights of their past year. Here's a [link to the report](#).

- We approved the Financial Statements for the 2015-16 year, which showed a small surplus for the year.
- We passed motions re-affirming our Public Statements on *Being a Welcoming Congregation* and *Supporting Same-Sex Marriage*.
- We confirmed the Board's appointment of Ned Leavitt as Vice President.
- And we started the congregational engagement process. Our thanks to those who gave their feedback to the poll.

While re-affirming the Public Statement on the Welcoming Congregation there were suggestions that the wording of the statement could be improved. If you are interested in joining a small task force to work on this wording, please contact me at president@unitarianscalgary.org.

Your Board of Trustees have been working on several areas of interest lately. They include:

- Streamlining the committee structure
- Improving our visibility in the community
- Managing our fundraising efforts

Please contact me if you have an interest in these areas.

Best wishes for a safe and happy holiday season!

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



December 2016 Kudos!

This month we recognize and thank:

- Thanks to our Caring Cooking Connection team: Ann, Donna Ontario, Pam Rickey, Neil Morton, Jane Ebber, John, and Linda Brown we put 60 meals into the freezer! Way to go!
- Everyone who participated in the Nov. 6 stewardship meeting
- Carolyn Preston and the team who organized the lovely Night in Baghdad dinner
- Sophia Lang, who spearheaded the church service on Ethiopia and the refugee experience, as well as taking the lead on the silent auction at the Night in Baghdad dinner
- Paul Dorotich - excellent slides and video on Ethiopia!
- The History and Archives Committee (Loretta Biasutti, Helen Backhouse, Jim Bowman and Frances Schaink) for arranging the Lotta Hitschmanova webcast
- Duff Bond for stepping in at the last minute to help facilitate Intro to UU and help with the Membership Committee annual report
- Jane Ebber and the team of fruitcake choppers, bakers, and wrappers
- Eric Leavitt for his work on sorting the Board Room closet and putting up the the nifty new bulletin boards on the Barker Room doors. This not only saves the paint that he worked so hard on this summer, it centralizes, organizes and neatens all the announcements that go up around here. Awesome job!
- Congratulations to UUphonia, Chor Vida and TriUU for the excellent Nov 26 "Belonging" concert
- Bev Webber and the OWL group, Bruce Godwin of the Book Discussion Group, and the Audio/Visual and Physical Plant teams for dealing with the Enmax power shut off on very short notice. Also, a high five to Mich Michell for offering alternate space at Prairie Sky for the Book Group to meet.

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

♪ UpBeat News with Jane Perry ♪

Questions or comments: Music Director Jane Perry at jane@unitarianscalgary.org

Music for Blue Christmas, Christmas Eve and Christmas Day! Music is a huge part of December holiday celebrations, and we have some very special musical offerings for you this season.

*Thursday, December 15 at 5:30pm: Blue Christmas. Our guest soloist this year will be Hedda Zahner, performing soul-deep songs as part of this reflective service designed for those of us who find the holidays hard.

*Saturday, December 24 at 7:00pm: Christmas Eve service. Rev. Debra Faulk and Chor Vida will collaborate on "Unitarian Lessons and Carols", a service that includes readings, a series of gorgeous carols from Chor Vida, and some singalong carols for all of us.

*Sunday, December 25 at 10:30am: Christmas Day service. With Music Director Jane Perry at the piano and Cora Castle bringing her bass, how could we do anything other than play music from "A Charlie Brown Christmas" holiday special? "Christmas time is here...."



Rhapsody In Blue — a jazz cocktail party! Our resident chefs and our music director have put their heads together and decided to collaborate on a jazz cocktail party similar to the sparkling party we threw two years ago. The event will feature sumptuous appetizers created by chefs Joan Brown and Bev Webber and team, a cash bar with signature drinks, and live music from the swing band Jazz On The Side, led by pianist Jane Perry. The event will take place on Saturday, March 25, 2017 from 6:30pm to 8:30pm. The reason that we're giving you so much notice is because **tickets to this one-of-a-kind event make fantastic holiday gifts** for friends and family members! Visit our information table in Wickenden Hall at Sunday coffee hours in December to inquire about tickets, or e-mail tickets4uccmusic@gmail.com.

UUphonia is gearing up for Cabaret 2017 — come and sing in the choir in January! One of the highlights of the church's music year, Cabaret will take place on Friday, April 28 and Saturday, April 29 in Panabaker Hall. Our Thursday-night choir has a ball getting ready for the show, and we invite you to join in the fun! First rehearsal of 2017: Thursday, January 5 at 7:30pm in Panabaker Hall.

Our resident choirs in concert! Every week, our church is the rehearsal location for four community choirs. They invite you to attend their respective concerts this month to see what they've been up to!

Sunday, December 4 at 7:30pm (pre-concert talk at 7:00pm). **Calgary Renaissance Singers & Players** present "Noe, Noe, Noel!", a concert of French and Flemish Renaissance music, with instrumental music including a recorder quartet and an early Baroque trio. Conducted by Jane Perry. St. Stephen's Anglican Church (1121 14 Avenue SW.) www.renaissance-singers.com

Sunday, December 10 at 7:30pm. **Vocal Latitudes** world-music choir presents "Songs of Peace", featuring guest instrumentalists. Conducted by Frank Rackow in his first concert with the group following his year-long sabbatical. Unitarian Church of Calgary. www.vocalatitudes.org

Sunday, December 10 at 7:30pm. **One Voice Chorus** presents "Food: The Concert", with guest ensemble the **BarberEllas** and repertoire that will leave you laughing out loud. Sparkling Christmas-themed catered reception to follow! Conducted by Jane Perry. St. Stephen's Anglican Church (1121 14 Avenue SW.) www.onevoicechorus.ca



Religious Exploration Program

What's Up with CYRE?!



On Sunday, Oct. 23 Nicole Jordan was our special guest in the CYRE program. Nicole led the children through a rigorous, and fun fitness routine. Nicole and Stand-In DRE, Heather Walker had a conversation with the children about the Miracle of personal transformation through physical fitness. Thank you for your leadership Nicole and Heather, and a thank you to Liz Blackstock who loaned the program a stethoscope so the children could listen carefully to their resting vs active heartbeats.

Spirit Jam took place on Oct. 30 with Multigenerational Fun and learning taking place all over the building. Jane invited people to stay in the Panabaker Hall and sing with the MultiGen Choir; Brandis lead a conversation about the ancient and modern pagan practises of Samhain in Wickenden Hall; the youth lead an ancestor ritual in the theatre that several folks found moving, and, there was costume mayhem in Room 1 with Shannon as kids of all ages enjoyed a good old dress-up play date. A very well dressed costume parade brought up the tail of the service. It was great fun!

The Annual Worm Rescue took place on a very warm Nov. 6 morning. A big thank you to Randy Henderson for helping get the worm compost ready for the children to sift through. The California Red Wigglers are once again snug in their winter home by the furnace in the basement.



The final session of the **Miracles** curriculum on Nov. 13 was about the Miracle of Social Transformation. We talked about the power of a few people with a good idea joining with a few more people, who join with a few more people until there is a movement to make the world a better place. We practiced the radical act of being *Seed Savers*-harvesting the dry seeds from some of the beans that we grew last Summer. We hope to pass on this gift to our Community Gardeners for the next growing season.



The Mid-Winter Pageant: ***The Return of the Sun***

will take on the morning of Sunday, Dec. 18. Rehearsals have been taken place every Sunday since Nov. 20 and will continue to be the children's program time on Dec. 4 and 11. Also on Dec. after the service there will be a complete run-through of the pageant from 12-1pm; and a full dress rehearsal on Sat. Dec. 17 starting at 1pm. If you are interested in helping get in touch with Shannon DRE or Michael Leboldus, Pageant Coordinator, mjleboldus@hotmail.com.

Many Thanks to All the Fruitcake Helpers and Purchasers - \$2981 Raised!

Thanks to the help of many dicers, choppers, bakers and wrappers, we had another very successful fruitcake operation this fall, raising \$2981 for our operations budget. And a big thank you to all the loyal purchasers and promoters of our cakes. Your support is so appreciated. And I apologize to all those who wanted to buy cakes this year but missed out because we sold out so fast. Next year I plan on making more so that everyone who wants to buy a cake can have one.

We are yet again very grateful to Mary Jane Hussey who baked all the light fruitcakes at her home while our baking team baked 110 chocolate, millennium and dark cakes at the church. The church certainly smelled gorgeous for 6 days of baking!

This tradition of baking fruitcakes to raise money for the church began nearly 40 years ago in 1978. It was started by Mary Smyth and then continued by Mary Jane Hussey before she passed on the torch a few years ago. This is a wonderful tradition that provides lovely times of socializing and community, as we get together to prepare, bake and wrap our cakes.

Here is a picture of one of my bakers, Dorothy Lloyd, in action, with Dick Wilson washing dishes in the background. Please consider joining us next fall when we put out the requests for volunteers.

Please pass on feedback about these cakes to me - love to have your comments to improve for next year.

Jane Ebbern



Food and Fellowship This Christmas Season

Second Sunday Supper

Our next Second Sunday Supper will be held Dec. 11, doors open at 4:30 with supper at 5:00. A delicious roast beef supper is on the menu, with roasted potatoes, vegetables, salad, a vegetarian shepherd's pie, and carrot cake for desert. Yum, Yum!



Operation Cookie

For the third year, the Membership Committee is organizing Operation Cookie, to send Christmas cookies to members of our congregation who would appreciate some home baking and Christmas wishes. We are looking for other bakers to join us in making cookies. Please bring your cookies to church on December 11 before the service. We will package them up, and have them delivered that day or in the days following. If you could help deliver cookies, stop by our table at coffee time on the 11th.

This is becoming a lovely holiday tradition and we hope you will help us make it memorable this year.

Christmas Day Turkey Supper

Liz Blackstock and Neil Morton will be hosting the Christmas turkey supper on Dec. 25th. Doors open at 4:30 with supper at 5:00. We will be playing an exchange the gift game, so for all those that are able, could you please bring a \$5 to \$10 gift. One never knows what you may go home with.

CUU*rious Coffee and Conversation - December 4

Most people who find their way to a Unitarian Universalist (UU*) community come with curiosity – some with theological questions, some with doubts about religion in general, some because an internet quiz said they were UU, some wondering why they never heard of us before and all longing for a sense of connection and community. These dialogue sessions will provide some information and be shaped by the curiosities expressed. Hosted by the Membership Committee and Rev Debra Faulk.

Registration is not required; please get your coffee and join us in Panabaker after the service.

Call For A New Lay Chaplain

The congregational lay chaplaincy committee is seeking candidates to replace our retiring lay chaplain. The lay chaplain officiates at rites of passage, including weddings, memorials, child dedications, and others. Being a lay chaplain is an extremely rewarding experience. If you have been an active member of our congregation for at least one year and are interested in serving as a lay chaplain or would like more information, contact Joan Riches: joanbriches@gmail.com.

2016 William Irvine Social Justice Award Recipients

Chantal Stormsong Chagnon & Cheryle Greyeyes Chagnon



Mother-daughter activist team and founders of the drum group *Sisters from Another Mother* are regular participants and organizers of many social justice events in Calgary, especially ones focusing on women's and Indigenous justice.

Please share in honouring these women during the service on December 11th.



What Does It Mean To Be A People of Expectation?

God give us rain when we expect sun.
Give us music when we expect trouble.
Give us tears when we expect breakfast.
Give us dreams when we expect a storm.
Give us a stray dog when we expect
congratulations.
God play with us, turn us sideways and
around.

— Michael Leunig

Pray for our expectations to be turned on
their heads? Give us tears when we expect
to be fed? Give us wild obligations when we
expect congratulations? Turn us sideways?
You want us to pray for *this*? Hope for *this*?
That's a bit nuts! And a bit UU.

We all know the common mantra: "You get
what you expect." That, most certainly, is
part of what it means to be a people of
expectation from an UU perspective. We
believe that human beings have
tremendous power to shape and create
their own experience. If you expect people
to be good, you will discover and notice
goodness. If you believe life is on your side,
you will see opportunities unfold over and
over again.

This form of relating to expectation is about
reminding ourselves that we have control.
It's about noticing we have options. It's
about taking hold of the situation and
putting our stamp on it.

And yet there are also moments when
letting the situation take hold of us is good
for the soul. Sometimes holding too tightly
to our desired expectations leaves us blind.
Sometimes getting what we expect leads to
expecting to always get what we want.
Sometimes the most important question is
not "Are you ready to take control of the
reality in front of you?" but instead "Are you
willing to let go of expectation and be led by
the unknown?"

Another way to put all this is to ask, *do you
trust?* Do you have faith that this wildly
unpredictable life of ours won't lead you
astray? When your expectations get turned
on their head, do you see that as a threat or
are you willing to lean in? When that stray
dog messes up your big congratulatory day,
are you willing to follow where it wants you
to go or is your first instinct to put it down?

Please don't put it down.

That's the message of Michael Leunig's
prayer. That what's he's praying for. That's
what he wants *us* to pray for!

Please, please, pray for those stray dogs
and tears at breakfast. Pray dearly for life
to send you its blessed disruptions. Please,
please, pray that life will lead you into the
land of crushed expectations - into that
wonderfully sacred land inhabited by the
holy angels of "perhaps," "maybe, maybe
not," "what if," "I wonder what else?" and "I
wonder if there is another way?" And pray
for all this, NOT because disruption is "good
for us" or because we all deserve a needed
dose of humility, but because it signals that
you're finally able to trust -- that you've
finally decided that sometimes it's ok to put
your preferred expectations aside, because
-- as strange or scary as the unknown is --
you know it won't lead you astray.

So, yes, this month, bring on those unruly
dogs and unpredictable tears. Make our
music wilder than we want and make us
eventually want it to be that wild. Play with
us indeed. Turn us sideways and around,
and lead us expectably on!

Our Spiritual Exercises

Option A: Your Perhaps Poem

These "[Perhaps Poems](http://www.beyond-the-pale.uk/perhaps.htm)" challenge us to turn our deepest assumptions and expectations on their head. Doubt even the most basic and beloved things, and do it with joy! Consider joining this playful upsetting of apple carts this month by writing your own "perhaps poem." There are plenty of them on the website linked below to inspire you! Bring your perhaps poem to your group and share the journey of its creation.

Perhaps Poems: <http://www.beyond-the-pale.uk/perhaps.htm>

Option B: Remember the Water!

We allow our expectations to control us rather than us controlling them. We have the power to choose and yet we regularly forget it when it comes to the most mundane moments of our lives. This is the challenge that author, David Foster Wallace, lifted up in his remarkable 2005 Commencement [speech](#). This month challenge yourself with the same message:

- Make time to repeatedly watch and meditate on his speech: "This is Water" <http://tinyurl.com/h3dt4l4>
- Pay extra attention to the way Wallace links our forgetting with the most mundane moments in our lives.
- Figure out where the call or challenge is for you. Exercise your power to choose! Find opportunities to "remember the water" and practice choosing.
- Come to your group ready to share what you learned and how it altered your days.



Option C: A Ritual of Expectation

Solstice fire rituals. Christmas advent wreaths and calendars. Hanukkah candles. This is the season of ritual – rituals of preparation and expectation to be exact. Expecting and trusting the light to return is no easy task. It's one thing to intellectually believe that the dark always gives way to the light; quite another to feel it in your bones.

All religions say this task is much easier with ritual, and with rituals done together. So this month, recruit your family or circle of friends and engage one of the winter rituals of expectation. Here are a few links to help you decide which might be right for you:

- Hanukkah: <http://tinyurl.com/prkve8s>
- Advent: <http://adventforatheists.weebly.com/>
- Solstice: <http://tinyurl.com/pdty2tm>
- Kwanzaa: <http://tinyurl.com/252hopd>
- UU Family Christmas rituals: <http://tinyurl.com/ob2ld8a>

Remember, this is a creative task. Be sure to adapt the ritual (unless you are celebrating Kwanzaa; see link above) to fit your unique circumstances and beliefs.

Option D: Did You Know?

From the CUC's 'Truth, Healing and Reconciliation Reflection Guide': Spend 15 minutes thinking about your connections in your life with Indigenous people(s), growing up, as you grew older, and now. [If you are Indigenous, think about your relationships with non-Indigenous people. If you are bi-cultural, think about how that affected connecting with both the Indigenous and Non-Indigenous communities.] What did you learn growing up? Who did you know and what was your relationship(s) like? Also, now that you are an adult and engaging in re-building relationships between Indigenous and Non-Indigenous peoples, what do you expect might happen? What are your fears about doing this kind of engagement? What are your hopes? If writing about it in a journal is useful to you, please do. If you'd rather just think this through, that's fine as well. If you are willing, share one expectation, one fear, and one hope with someone you trust.

Resources:

Watch Part 1 of the APTN's Sharing Circle, "Did You Know?" episode (5:12 minutes), <https://youtu.be/sMTwxT3j2k> considering how you would answer the questions posed. What surprised you? Was there something you didn't expect?

If you invite a friend to watch it with you, when the people on the street in the video are asked a question, pause the video and share your own answers with each other; then listen to the answers provided on the video.

Option E: The Expectations of a Mother: Slapped Fists, Stifled Selfhood & Stolen Childhoods

Expect your child to be at risk from the very first moment. Expect "sequestered selfhood." Expect unpleasant emotions to be off-limits. Expect the need to slap little fists. These are the expectations of parenting. For some.

Poet and mother, Mia Wright asks us to hear this "[dark truth](#)." Our spiritual exercise asks us whether or not we want it to remain that way. Here is your invitation:

Set aside time this month to watch this video multiple times: 'Darkest Truth' - a poem by Mia Wright, All Souls UU, Tulsa - <https://www.youtube.com/watch?v=pQySlgRmmXI>

Each time, note the feelings, reactions and insights it evokes.

Consider watching it with a trusted friend and processing it together.

After at least three times of watching it, note how your reactions deepened or changed.

Also ask yourself, "What does this ask of me?"

The goal of this spiritual work is not to analyze the video and figure out where you agree or disagree. The invitation is for you to identify what it asks of you and how it opens your eyes.



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 expectation means, but to figure out what being a person of expectation means for you today. So, which question is calling to you?

1. What if "it" begins this very month?! What would happen if you knew this month was going to be the start of some yet-to-be discovered new adventure?
2. Are you expecting too much of *yourself*?
3. Are you expecting too little?
4. Have you been chasing an expectation too long? Is it time to let it go?
5. Did the lessons your parents taught you about the power and possibility of expectation prove correct?
6. Are your holiday expectations set too high?
7. Are your holiday expectations too low? Isn't this a time of expecting miracles?
8. What happens to you when you don't get what you expect? Is there work there for you?
9. Are you sure you shouldn't wait just a little bit more? Is life asking you to be patient just a little bit longer? Are you sure that expectation of yours isn't right around the bend?
10. Do you expect the best or the worst of people? Are they innocent until proven guilty or guilty until proven innocent?
11. Are you really open to "whatever comes"?
12. Has the weight of societal expectations become more than you want to bear alone?
13. 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 Letting Go”

Expectation

Definition: a belief that something will happen or is likely to happen; a feeling or belief about how successful, good, etc., someone or something will be (*from Merriam Webster*)

Synonyms: anticipation, assumption, hope, probability, belief

[Faith] is the wakeful expectation of God, which touches all our senses. The early Christians prayed standing up, looking up, with outstretched arms and wide-open eyes, ready to walk or to leap forward. We can see this from the pictures in the catacombs in Rome. Their posture reflects tense expectation, not quiet heart searching. ... We are watching for God's advent. With tense attention, we open all our senses for the coming of God into our lives, into our society, to this earth. — **Jurgen Moltmann**

Wise Words

God give us rain when we expect sun.

Give us music when we expect trouble.

Give us tears when we expect breakfast.

Give us dreams when we expect a storm.

Give us a stray dog when we expect congratulations.

God play with us, turn us sideways and around.

— **Michael Leunig**

Patience is the virtue that shows us that the time of the soul and the time of the spirit are different than everyday time. Patience is required to be in healthy connection with soul and spirit. Patience concerns a particular form or way of waiting; it is one filled with expectation. — **Robert Sardello**

Draw closer to the deep meanings of hope — hope is a movement within the human person that sees the present and all its prospects, or lack thereof, in light of some other prospect, something good, or even slightly better, that is to come. *It recognizes that what is presently possible might not be all there is.* Hope holds out and holds on. — **Michael Downey**

A Walk

My eyes already touch the sunny hill,

going far ahead of the road I have begun.

So we are grasped by what we cannot grasp;

It has its inner light even from a distance-

And changes us, even if we do not reach it,

into something else, which hardly sensing it,

we already are;

A gesture waves us on, answering our own wave...

but what we feel is the wind in our faces.

— **Rainer Marie Rilke**

Our expectations frame our view of what is to come. Too often that frame is distorted by preoccupations with where we have been, *like trying to walk forward while staring back over your shoulder*. Instead if we look to the vision of the future we seek, our highest aims, we create expectations that face us fully forward into our lives. Each step going forward toward that vision is also grounded in our present experience and creates a dialogue between what is true in our life and our expectations for what it can be. — **Rev. Dr. Frances Sink, Soul Matters Minister**

The seasons may return with regularity, but these holidays do not simply celebrate the cycles of time. Instead, they tell stories about unexpected turns in human history. They express a form of faith that dares to reflect on human expectations being upset. ... The Jewish and Christian holidays remind us to find the mark of God less in the regularities of nature than in the unexpected turns that life can take. — **John Buehrens**

I believe that we live the story we tell ourselves—and others—about the life we're leading...If you constantly interview your child for pain, your child may begin to hear a story of social suffering emerge from her own mouth. Soon she will begin to believe it and will see herself as a victim. — **Michael Thompson**

Expectations are resentments under construction. — **Anne Lamott**

“The Moment of Magic” by Rev. Victoria Safford

<http://www.uua.org/worship/words/meditation/moment-of-magic>

If your heart is a volcano, how shall you expect flowers to bloom? — **Khalil Gibran**



When I first hear the word expectation, I am most tempted to say something like this: Expectation runs ahead of the present moment, teasing us into believing we know what the next moment will contain, tempting us to assert that we know what the next moment should consist of. Expectation is something we need to let go of, that gets in the way of truly being with, accepting, and loving one another.

But I recognize that part of what I'm doing there is understanding expectation as judgment, expectation as privilege. Expectation as something that gets in the way of my ability to live in the moment, to be present to what is real right now.

But expectation also leads us on, urges us on, doesn't it? I know that I live in expectation. I expect the sun to rise tomorrow. I expect that I'll be surprised again and again at the harm we can do one another. And I expect that I'll be surprised again and again by the beauty in the world, and the depth of love that people can have for other people. I expect it. And it draws me on. — **Rev. Joe Cleveland, Soul Matters Minister**

And the baby!

Whoever expected a baby?

Whoever expected the advent of God in a helpless child?

Had the Messiah arrived in the blazing light of the glory of a legion of angels wielding golden swords,

the whole world could have been conquered for Christ right then and there

and we in the church - to say nothing of the world! -

wouldn't have so much trouble today.

Even now we simply do not expect

to face the world armed with love.

— **"Kneeling in Bethlehem" by Ann Weems** (full poem: <http://tinyurl.com/og2mgznz>)

"Things to Think" by Robert Bly

<http://tinyurl.com/p7gdae4>

"The Unexpected Visitor"

a sermon by the Rev. Kate Landis <http://tinyurl.com/gpbr6mg>

"Skydiving"

A reflection on what happens when what we think will happen doesn't match up with what actually happens!

<http://tinyurl.com/jxfsq6t>

"Perhaps" by Shu Ting

<http://tinyurl.com/zq45co2>

Videos & Podcasts

"How to Become Batman"

A podcast about the power of expectations: "Alix and Lulu examine the surprising effect our expectations can have on the people around us. Plus, the story of a blind man who says expectations have helped him see. Yes, see."

<http://tinyurl.com/o88eik9>

"Don't Interview for Pain"

A podcast centered on the quote "I believe that we live the story we tell ourselves - and others - about the life we're leading."

<http://tinyurl.com/h8bkoml>

StoryCorps

A three-minute film about a black man, his white mother, and the brutality he faced - because of others' expectations - when pulled over by police: <http://tinyurl.com/zwdv8f6>

"The Other Letter"

In this Ikea Christmas commercial, children are asked to write two letters: one to The Three Kings (Spain's version of Santa) and one to their parents.

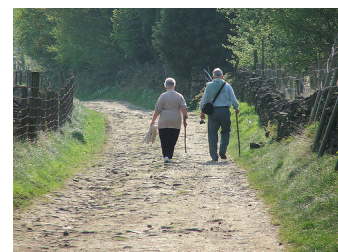
<http://tinyurl.com/ohv8v28>

Human Clip #2: Death is not the end of everything

<https://www.youtube.com/watch?v=RWKNwzGL8C0>

How expectations about aging affects a young couple

<http://tinyurl.com/genptcd>





Articles & Online

"How the Power of Expectations Can Allow You to Bend Reality" by Gareth Cook

<http://tinyurl.com/pzkxkqy>

"What We Expect Is What We Get"

If you want to change your experiences, change your expectations, studies tell us (again). What you think will happen may really affect you physically. *Psychology Today* has posted four studies that support and tease out the concept:

<http://tinyurl.com/jljrg4h>

"Children: When Expectations Don't Meet Reality"

<http://tinyurl.com/gq7n7rr>

"You Can't Always Get What You Want: On Music And Expectation"

<http://tinyurl.com/zyhmcuy>

The world is full of surprising treasures

<http://tinyurl.com/n4xsv9f>

Expectations that Empower

<http://tinyurl.com/orach7o>

Advent for Atheists (website resource)

Created by a UU Soul Matters member Becca Boerger, this website offers a description of the traditional advent candles ritual, themes for each of the four weeks of advent and great readings to guide you on your way.

<http://adventforatheists.weebly.com/advent-an-introduction.html>

When Expectations Meet Reality (A bit of fun)

<http://justsomething.co/the-34-most-hilarious-pinterest-fails-ever/>

Movies & Television

How the Grinch Stole Christmas

A classic television show about what happens when things don't go according to the Grinch's expectations.

<http://www.imdb.com/title/tt0060345/>

500 Days of Summer

A romantic comedy about how our expectations about love influence our experience of love.

http://www.imdb.com/title/tt1022603/?ref_=kw_li_tt

October Sky

This is "the true story of Homer Hickam, a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's wishes." The main character sets his sights on the stars even as he comes to terms with his father's limiting expectations.

<http://www.imdb.com/title/tt0132477/>

Songs

"In the Darkness of the Winter"

A UU Christmas Carol by Rev. Suzelle Lynch, Soul Matters member

<http://tinyurl.com/o7mwxc0>

"Watershed" by the Indigo Girls

Lyrics: <http://tinyurl.com/nhamcmf>

To listen, click on "Watershed": <http://tinyurl.com/zgy5559>

"Pressure Off"

A new song by 80s pop rock group Duran Duran

<https://www.youtube.com/watch?v=5qFhSWA9Cz4>

Books

Mind Over Mind by Chris Berdik

from the author's website: "Mind Over Mind offers a captivating look at the frontiers of expectations research revealing how our brains work in the future tense and how our assumptions – about the next few milliseconds or the next few years – bend reality."

<http://tinyurl.com/zaxt66m>





Books (continued)

Expectation Hangover: Overcoming Disappointments in Work, Love, and Life

by Christine Hassler

from the book review: "Expectation Hangovers happen when a desired result is not met, an outcome is achieved but it does not give us the feelings we thought it would, life throws us a curveball, or we simply do not feel we are living up to the expectations placed upon us (by ourselves or others)."

<http://tinyurl.com/njuxw8q>

***Indian Horse* by Richard Wagamese**

Set in the 1960s in Northern Ontario, Saul Indian Horse looks back on his life so he can deal with the memories and the impact of his experiences in the Residential School, and the role hockey played in his life to help him get through it. (2012, 221 pages)

Whatever expectations you might have about the Residential School legacy, you will learn something from this beautifully written novel that reflects on the complex relationships that arise from trauma and healing.

***Seven Spiritual Gifts of Waiting* by Holly Whitcomb**

from the book review: In America, waiting presents an enormous challenge. We are impatient, "fix-it" kinds of people — and not all situations can be fixed. This book presents seven spiritual gifts that waiting can teach us: Patience, Loss of Control, Live in the Present, Compassion, Gratitude, Humility, and Trust in God. An excellent resource during times of waiting within the church year including Advent and Lent, the book includes spiritual exercises and reflection questions for personal or group use as well as a retreat design.

<http://tinyurl.com/z34ld3t>

Unplug the Christmas Machine: A Complete Guide to Putting Love and Joy Back into the Season

by Jo Robinson and Jean C. Staeheli

from the book review: In the pages of Unplug the Christmas Machine, Jo Robinson and Jean Coppock Staeheli answer the questions they have heard most often in their many years of talking with people about Christmas, such as: "How can I reduce the stress of preparing for Christmas?" "How can I make our celebration more spiritual and less materialistic?"

<http://tinyurl.com/hwf3hfo>

List of books for children and families about expectation:

<http://amzn.com/w/1675HLJDDA067>



Theme-Based Ministry The Challenge to Go Deeper

Each month our Sunday services consider the focus of an overarching 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 15th 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 January 2017 - May 2017

| | |
|----------|----------------|
| January | Creation |
| February | Love & Justice |
| March | Simplicity |
| April | Resistance |
| May | Compassion |



Volunteer Opportunities

Committee Support – these committees are looking for new members:

Caring Team – caring for each other and beyond

Physical Plant – for the love of our space

Social Justice – to work for change

Green Sanctuary – for our environment

Church Services – for serene Sundays

Stewardship – caring for and developing our resources

All committees welcome new energy anytime!

PowerPoint Projection team – Be one of the people who creates the slides for projection during the Church Services. Time Commitment about 1-2 hours per week once per month. Training available. See page 6 for details.

Audio-visual – Be part of the dynamic sound room team – there are 2 people required for each service. Time Commitment – 2 hour training then ideally 1 Sunday a month.

Bulletin Board Caretaker – Maintain the bulletin boards in Wickenden.



Special December Volunteers

For Others: Christmas Hamper Team

Coordinating Food Bank drive

Deliver contributions from Mitten Tree

Special Services

Dec 18th - Religious Exploration Pageant support

Solstice Dec 21st Solstice Celebration & Mummers Play Planning Team

Christmas Eve – service support – ushers, greeters, readers

Christmas Day - Dec. 25 Christmas Dinner – host team

The Gift That Gives Twice

Stocking Stuffers, a little something for your mail carrier, to give to the Christmas Hamper, or ... buy food and drink for the holidays – consider purchasing **Co-Op Cards** from UCC. The more we buy the greater the percentage returned to UCC. Order by December 4th for pick-up on December 10th.

Nominations for the Panabaker Award

In January 2017 the Unitarian Church of Calgary will present the Panabaker Award to someone in the congregation to honour them for extraordinary services provided to benefit the Church community. In order to do this we need your nominations. You will find the guidelines for nominations on our website under at [this location](#). As well as new nominations, we welcome resubmission of previous Nominations as there have been times when we have had more than one deserving candidate and only one award. If you are wondering if a person you are considering has already received the award the recent recipients are listed at the end of the document mentioned above.

Nominations may be e-mailed to secretary@unitarianscalgary.org or placed in the Secretary's Mailbox in the Church Office. Nominations must be received on or before December 15 to be considered.

December 4 Others - Inn
From The Cold & Calgary
Interfaith Food Bank

Christmas Eve: Minister's
Discretionary Fund

(**October 4 Others** contributed \$823.62 to

Habitat for Humanity Interfaith Build!)

Second Sunday Supper - December 11th

Doors open at 4:30 dinner at 5:00

Please sign up in Wickenden by Dec 7th so the chefs know how many to cook for.

Come at 4:00 to assist with set up and note if you can help with clean up.

Christmas Hampers

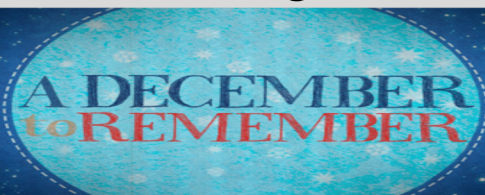
This year we will again sponsor a family and some watch for the display in Wickenden. If you would like to be part of the team drop a note to hampers@unitarianscalgary.org. Watch for more details in the Enews.

Blue Christmas - December 15th 5:30pm

A service for those for whom Christmas has its challenges and we provide a light soup meal following - would you be willing to help with the dinner? Contact Rev Debra.



December 18th Special Mitten Tree Collection - Please bring mittens, gloves, scarves, hats, warm socks.



Solstice Ritual and Mummers Play

Wednesday December 21st
7:00pm

On the solstice, the shortest day of the year we honour the pagan

solstice rituals, welcome the Green Man and the Goddess, and celebrate the lengthening of the days that now begins. Following the Solstice ritual a Mummers Play (the battle of light over dark) and then sharing wassail. If you would like to participate in either the ritual of the play please contact Rev Debra.

Coordinating Team: Brandis Purcell, Ronnie Joy Leah and Rev Debra

Christmas Eve

December 24th at 7:00pm

Our all ages service this year will include readings and carols.

Contact Rev Debra if you would like to participate by offering a reading (We need 3 more children for the 12 Days)

Christmas Dinner Sunday December 25th 10:30am

Hosts Liz Blackstock and Neil Morton - will cook the turkeys - other items by potluck.

Please sign up by Dec 18th in Wickenden or caring@unitarianscalgary.org

It not only takes a village to raise a child, or mourn the dead, but also to run a fundraiser. On behalf of the Church and the Refugee Sponsorship Committee, I would like to thank, from the bottom of my heart, the following people for their help with A Night in Baghdad... It was a wonderful success as a result of these people! ~Carolyn Preston

Committee:

Frances Schaink
Sophia Lang
Cathy Welburn

For our lovely poster: Corinna Nielson



Decor:

KJ Johnson
Marjorie Bagherpour

Food:

Dean Kasner
Joan Brown
Hedda Zahner
Bev Webber

Work(er) Bees:

Linda Brown
Liz Blackstock
Penny Clipperton
Donna Ontario
Michael Leboldus

Entertainers:

Tom Mirhady
Vafa Adib
Bella Romero
Adheem Annasrawi
Moe Ihsan

Silent Auction:

Barbara Lane
Jocelyn Keith Asante

Sound:

Hendrik Schaink
Jim Washbrook

Help with Brown Paper

Tickets:
Eric Leavitt



SIMPLICITY



Winter Weekend Retreat February 17 – 19, 2016

Join us this Family Day long weekend for the Unitarian Church of Calgary Winter Weekend Retreat at Kamp Kiwanis, just a short drive west of Calgary. Our retreat runs from Friday supper to Sunday lunch, leaving you with a day and a half of the long weekend to spare. Several simple sessions (all optional) will be offered, such as: mindfulness meditation, the practice of contemplative dialogue, artistic creation, Yoga, and some scientific discourse. There is also plenty of time for your own reflection or chatting with other attendees. All this and a Saturday evening Games Café as well.

Come and get to know a group of thirty or so Unitarians and friends as you experience a gentle but stimulating weekend. The retreat is designed for adults and older youth aged 16 and up. With adult sponsorship, participation of youth aged 12 to 15 is also welcome.

The cost of the weekend covers program, accommodation and all meals:

| | |
|--|--------------|
| Adults: Early registration, on or before Jan 15 | \$155 |
| Registration after Jan 15 | \$175 |
| Students and Youth: | \$90 |

Final deadline for registration is Feb 5.

There are partial bursaries available for those in need of financial support.

Watch for our display at coffee hour in December and January for more details, registration forms and bursary applications.

A retreat registration makes a terrific Christmas gift! Or make it a gift to yourself.

Your Retreat Team this year is: Duff Bond, Bernie Amell, Conrad Ayasse, Kathryn Burwash, Susan Drake, Sarah Knowling, Joan Riches.

Volunteer of December 2016: Heather Walker!



We're happy to announce that the Volunteer of the Month for December 2016 is Heather Walker! Heather is active in the Religious Exploration space, and involved in many of the congregation's activities. She has a long pedigree of involvement with our congregation -

her great grandmother was Fairy Walker, a founding member of the Calgary Unitarian Church in the early days of the last century.

Here are some comments from people who have collaborated with Heather

First from our Director of Religious Exploration Shannon Mang:

When I came on board as DRE two years ago, I was thrilled that one of the familiar faces in my new church was Heather Walker. We had known each other for several years, but at that time I didn't know what a great volunteer Heather was. Heather has been a right hand to me in the Children's and Youth Religious Exploration program. Last year Heather spearheaded having a dedicated class for Pre-School-Kindergarten children and she worked tirelessly to create a lovely young-child friendly space in Room 3 as well as age appropriate programming.

Heather was bitten by the OWL bug a year ago and she has thrown herself into providing excellent sexuality education for our children and youth. Heather took the Elementary age Our Whole Lives facilitator training last November, then co-lead the Kindergarten-Grade 2 program this past Spring. She signed on for the youth facilitator training in May and has been a part of the facilitation team for the Grade 7-9 program this Fall.

Heather is a passionate life-long learner taking advantage of every learning opportunity that she can fit into her schedule. As a result, she is constantly expanding her own horizons. This contributes to the high degree of creativity that Heather brings to every task that she takes on. She is always making connections and drawing insights from a wide range of sources. I am so very fortunate to have Heather on the Children and Youth Religious Exploration team!!

Now from other members of the congregation:

I was amazed that the young-child friendly space included a floor to ceiling tree in the corner of the room (because it was in the corner I suppose it was 1/4 of a tree) beautifully proportioned with trunk and branches made of twisted brown paper. In keeping with the 7th principle it brought the outside in so that the children could replicate the changing seasons as well as hang many things on the branches. This is the sort of creativity that Shannon cites.

Heather makes a real effort to keep in touch with what is happening upstairs although she is almost always downstairs. The sound team record the service for her and she listens to it at home. Being an active participant in one of the TLCs is a way to connect with the monthly theme as well as 'upstairs adults'. She is participating in Adult OWL as well.

Heather is mindful of members who are not well and calls or visits if she can.

Heather's generosity goes beyond her time within the church building - she has generously shared her home with people who were between accommodations.

Heather has become interested in UU-ism in the Canadian context, having attended both Western Region and Canadian Unitarian Council meetings in recent years.

Please join the Board in congratulating Heather Walker on being named Volunteer of the Month for December 2016.!

December 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|--|
|  | | | | 110:00 AM-P/W/ Br-Xmas decora- tions 05:00 PM-7- COSM 06:00 PM-W- CYPT 07:00 PM-P- UUPhonia re- hearsal | 210:00 AM-1- Painting lessons | 309:30 AM-P-OVC Extra rehearsal 01:00 PM-P-OVC sectional 06:30 PM-W/K- Contra Dance |
| 408:00 AM-P/W/K Wor- ship Service 12:30 PM-8-OWL 7-9 05:00 PM-W/K-Green Sanct. Potluck 06:00 PM-8-OWL class for grade 7-9 07:30 PM-B/K-Book Dis- cussion | 512:00 PM-P- Piano lessons 06:30 PM-W/K- Wild Rose Sangha 06:30 PM-P-OVC sectional 07:00 PM-P-OVC | 612:00 PM-P- Piano lessons 05:00 PM-B-VL Board meeting 06:00 PM-1-Adult OWL 06:30 PM-P-Vocal Latitudes rehears | 711:00 AM-B-Staff meeting 12:00 PM-P-Piano lessons 02:00 PM-B- Membership Committee 05:00 PM-W- CYPT 05:00 PM-4- Board meeting 07:00 PM-P-CRSP | 805:00 PM-B-TLC Facilitators 06:00 PM-W- CYPT 07:00 PM-P- UUPhonia re- hearsal | 910:00 AM-1- Painting lessons 05:00 PM-W/K- Chautauqua Christmas 05:00 PM-P-Vocal Lat. Dress Rehear | 1009:30 AM-W- CYPT 05:30 PM-P/W/K- Vocal Lat. Con- cert |
| 1108:00 AM-P/W/K Wor- ship Service 12:00 PM-P-Chor Vida 12:00 PM-P-Winter pageant rehearsal 03:30 PM-W/K-2nd Sun- day Supper 06:00 PM-8-OWL class for grade 7-9 07:30 PM-B/K-Book Dis- cussion | 1212:00 PM-P- Piano lessons 06:00 PM-1- Arthritis Support Group 06:30 PM-W/K- Wild Rose Sangha 07:00 PM-P-OVC | 1308:00 AM-K- Salazar Cooking 10:00 AM-1- Horticultural Therapy 12:00 PM-P-Piano lessons 06:00 PM-1-Adult OWL 06:30 PM-P-Vocal Latitudes rehears | 1408:00 AM-K- Salazar Cooking 10:00 AM-W- Needlecraft 11:00 AM-B-Staff meeting 12:00 PM-P-Piano lessons 05:00 PM-W- CYPT 07:30 PM-4-AJC | 1505:30 PM-P- Blue Christmas 06:00 PM-W- UUPhonia party 07:00 PM-P- UUPhonia re- hearsal | 1610:00 AM-1- Painting lessons | 1709:30 AM-W- CYPT 09:30 AM-P/K- Turn of the Wheel 01:00 PM-P/Br- Pageant rehearsal 06:00 PM-B/W/K- Covenant of Gaia |
| 1808:00 AM-P/W/K Wor- ship Service 12:00 PM-P-Chor Vida 12:00 PM-1-TLC with Ev Dewar 12:00 PM-4-TLC w/ Lynn & Duff 12:30 PM-8- OWL 7-9 06:00 PM-8-OWL class for grade 7-9 | 1912:00 PM-P- Piano lessons 06:30 PM-W/K- Wild Rose Sangha 07:00 PM-P-OVC | 2012:00 PM-P- Piano lessons 06:30 PM-W-Chor Vida | 2110:00 AM-B- Staff Xmas party 12:00 PM-P-Piano lessons 06:00 PM-P/W/K- Solstice Celebra- tio | 2207:00 PM-P- UUPhonia re- hearsal | ²³ | 2407:00 PM-P- Worship Service |
| 2508:00 AM-P/W/K- Worship | 2606:30 PM-W/K- Wild Rose Sangha 07:00 PM-P-OVC | ²⁷ | 2811:00 AM-B- Staff meeting 12:00 PM-NR-TLC Prairie Sky 06:00 PM-4-JMC | ²⁹ | 3007:00 PM- Listening to Music | 3106:00 PM-W/K- Contra Dance |



How to Reach UCC Staff

Minister

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

Director of Religious Exploration / Youth Program Coordinator

Shannon Mang
dre@unitarianscalgary.org
 403-230-4146

Music Director

Jane Perry
music@unitarianscalgary.org

Church Administrator

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



Publishing the Quest

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

The Quest Deadline is the 15th of every month except for December.

ENEWS

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

Booking Rooms

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

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

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

The Caring Team

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

Monthly Co-Op Card Fundraiser

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

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