

The Quest

November 2016



November 6th

Welcome!

Today we officially welcome our newly arrived, sponsored refugees Desalegnn and Workenesh. As they have come to us from Ethiopia, by way of Kenya, we will be learning about their country. Our guest speakers, Yohannes Debele and Solomon Mitiku will teach us about Ethiopian culture, the current political situation, and the experience of being a refugee. Join us after the service for cake as we continue our welcome to Desalegnn and Workenesh.

Presenters: Yohannes Debele and Solomon Mitiku

Service Leader: Rev Debra Faulk and members of the Refugee Committee

Musicians: UUphonia with Jane Perry

November 11th

Remembrance Day

Friday 11:00am

A service to commemorate Remembrance Day and our longing for peace.

Presenter: Rev Debra Faulk

Musicians: Members of UUphonia with Jane Perry

November 13

Death is a Village-Making Event

The mysteries of living and dying are too big to face alone. A death can bring profound emotional and spiritual transformation both individually and communally, if we know how to meet it together.

Presenter: Sarah Kerr, Death Doula

Service Leaders: Lynn Nugent & Bev Webber

Musicians: Multigenerational Choir and Chor Vida with Jane Perry

November 20th

Letting Go and Letting ...

Our faith follows 'Let it go' quickly with "Let it in!" This spiritual dance takes a two-step. As Forrest Church puts it, letting go must be followed up by reaching out. Or maybe it's better to say opening up. Indeed, the tragedy of grasping so tightly is not simply that we anchor ourselves to that which burdens us, but that we end up shutting out that which is trying to save and feed us. Letting go is ultimately about letting in. It's really about making room.

Presenter: Rev. Debra Faulk

Service Leaders: Mary Anna Louise Kovar

Musicians: UUphonia with Jane Perry

This service includes a recognition of new members.

November 27th

Spirituality of Carolyn McDade

We sing Spirit of Life each Sunday – the words are posted on the walls of our sanctuary, Panabaker Hall, the composer is Carolyn McDade. As with other 'Spirituality of ...' services this will be a mix of music and reflection about her life and justice work.

Presenter: Rev Debra Faulk

Service Leaders: Brian Dorscht

Musicians: Tri UU, pianist Leslie Buckle.

Special Guests: Singers of the Sacred Web

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

www.unitarianscalgary.org

Debra's Deliberations

Interesting how the monthly themes weave into daily life, how the suggested spiritual practices, if engaged, deepen my sense of connection and challenge me to be my best self. I have noticed particularly how the October theme of Blessing and November's theme of Letting Go enhance and dance with each other.



In the service on Blessing the world I shared some of my experience while driving to the Western Regional Gathering in Saskatoon. Late leaving because of unscheduled events requiring my attention, I plugged the destination into my phone's GPS system and headed off. Not far into the journey, I thought – "This doesn't feel right; I'm heading north and I know I want to go east and slightly south – at least that is how my mind's eye remembers the map – Ok, well I know I pass by Drumheller and there is a sign for Oh no! Was that the side road I was supposed to take? Now what, trusty GPS? Next right? Okay, I'm feeling a little frustrated (well, maybe more than a little ...) at least I'm heading east."

And then a willed change of attitude, remembering our theme of blessing ... may this seeming detour be a blessing! What unexpected opportunity is being presented to me? Can I be present to the possibility? Almost immediately around the next corner, a huge herd of buffalo on my left and then a little further up the road on my right, some elk and then I was in the middle of some of the most amazing landscape, Drumhelleresque –

I wondered – if I had not intentionally shifted my attitude to one of blessing the experience, would I have even noticed? Well, the buffalo and the landscape, probably would have noticed those – the elk, not sure. Our attitude does make a difference, we can change our mind, change our attitude with an act of will.

What I further realize is that there was an intentional letting go and allowing the adventure to unfold. This required a trust that I would eventually reach my destination. I would suggest that this is part of what we each must do in an ongoing way as we strive to live more authentic lives.

Oh, this letting go can be a challenge! As our Reflections guide suggests -we cling. You name it, we've wrapped our grasping fingers and anxious hearts around it: success, safety, society's standards of beauty, personal desires to be accepted, perfectionism, duty, fear, grudges, hurts, hopes, stuff, shame and privilege. Whether the object of our grasping is good or bad is not, as we learn, truly the issue. It's the grasping itself. That's the real problem. Holding on too long and too tightly is never good for the soul. So, our faith pleads with us, "Let it go!"

But here's the twist: Our faith follows that up quickly with "Let it in!" This spiritual dance takes a two-step. As Forrest Church puts it, letting go must be followed up by reaching out. Or maybe it's better to say opening up. Indeed, the tragedy of grasping so tightly is not simply that we anchor ourselves to that which burdens us, but that we end up shutting out that which is trying to save and feed us. Letting go is ultimately about letting in. It's about making room.

May we deeply engage the letting go and letting in dance.

Namaste, Debra

**Debra's 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 October I attended the Western Region Fall Gathering in Saskatoon, along with Rev. Debra, Jane Ebber, Penny Clipperton, and Duff Bond. Ben Bradt was our only youth in attendance. Among the people who attended the gathering were two whom many Calgarians know well - Rev Meg Roberts and Rev Samaya Oakley.

While all Fall Gatherings are a mixture of checking in with other Unitarians across the region, workshops on items of common interest, and Sunday worship together, the prime focus of this gathering was the Saturday session on "A Medicine Wheel for the Indian Act". This moving session helped the participants to understand the impacts of the various strictures placed on Canada's First Nations peoples by the Indian Act and other regulations. Without making the participants feel guilty or personally responsible for the wrongs done, the session helped us to comprehend their impacts and consequences.

I recommend participating in future events if they become available. Anything we can do to understand the background of the relationship between Settlers and First Nations will surely help to improve matters.

We were happy to attend the Installation of Rev Karen Fraser-Gitlitz as part of the Sunday service with the Saskatoon Unitarians. Karen is a thoughtful, compassionate and dynamic minister who will help the congregation grow and accomplish great things.

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



November 2016 Kudos!

This month we recognize and thank:

Refugee committee members for their time, effort, and care devoted to the early resettlement of Desalegn and Workenesh.

Caring Cooking Connection participants for their cooking skills and contributions to our casserole ministry.

Board members for giving their time and mental focus to an extra evening meeting.

Dave Bradt, Jane Perry and the Music Committee for a fabulous Silent Movie Night on October 21.

Marsha Haug who is working nearly every Sunday downstairs with the children's program.

Physical plant committee for getting to the bottom of "that smell" downstairs.



Thanksgiving Kudos

An extra special set of kudos goes out to the organizers, cooks, clean up crew and everyone who showed up for UCC's Thanksgiving Feast. The food was divine, the company even better. See you at Christmas!



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



The Multigenerational Choir is an all-ages ensemble for singers of every 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. Our first rehearsal will be one of the many activities offered during the Sunday, October 30 Spirit Jam morning service. The following two rehearsals will be on November 6 and November 13 from 9:30am to 10:00am in Panabaker Hall. We'll sing in the morning service on November 13.

Choral Concert. Saturday, November 26, 2016 at 7:30pm in Panabaker Hall. UUphonia, Chor Vida, and TriUU perform their annual winter concert, this year on the theme of "Belonging." There will be songs about the ways in which we gather as a community: from shared meals (John Rutter's "Banquet Fugue") to weddings (the traditional "Mairi's Wedding"), and from child dedications (the Spanish lullaby "Duermete niño lindo") to memorial services (the Wailin' Jennys arrangement of "Long Time Traveller".) There will also be songs about our diversity as a community, as expressed through language (we'll be singing in eight different languages!) There will be songs for Christmas and Hanukkah. And there will be Brian Tate's new gospel-spiritual classic "Greater Than", which expresses the truth that love is greater than fear, prejudice, hate, and ignorance — a piece for our times. Refreshments and conversation to follow the concert. **Advance tickets** will be available from Sunday, November 6 following the morning service: \$20 regular, \$15 senior/student, or pay what you can. Free admission for those age 17 and under.

Resident choirs in concert in December!

Thursday, December 1 at 7:30pm. World AIDS Day concert benefitting HIV Community Link. **One Voice Chorus** joins with Calgary Men's Chorus and Luminous Voices. St. Stephen's Anglican Church (1121 14 Avenue SW.) Tickets: \$20 general admission.

Sunday, December 4 at 7:30pm. **Calgary Renaissance Singers & Players** present "Noe, Noe, Noël!" St. Stephen's Anglican Church (1121 14 Avenue SW.) Tickets: \$20 regular, \$15 senior/student.

Saturday, December 10 at 7:30pm. **One Voice Chorus** presents "Food: The Concert" with guest ensemble the **BarberEllas**. St. Stephen's Anglican Church (1121 14 Avenue SW.) Tickets: \$20 regular, \$15 senior/student.

Saturday, December 10 at 7:30pm. **Vocal Latitudes** world-music choir presents their annual winter concert, with music in a variety of languages and styles. Unitarian Church of Calgary.



Religious Exploration Program

What's Up with CYRE?!



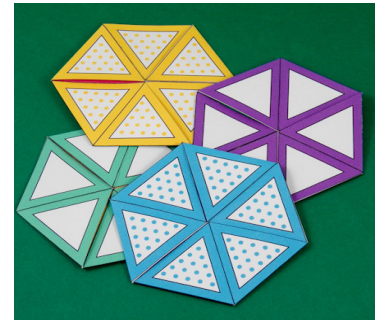
The children in the CYRE program have been examining the miraculous in our lives through the curriculum called *Miracles*. Here are some of the things that we've been doing :

Count those spirals...



Fibonacci Numbers!!!

- *observational drawing of items from nature like leaves, sticks and sea shells
- *creation stories from different cultures explaining how the world came into being
- *identifying the beauty in our midst as miraculous, as well as the special miraculous relationships we have with our families and our pets.
- *having fun with math making flexagons and seeing the amazing Fibonacci sequence in nature



Yet to come in this curriculum in November will be identifying personal transformation through healthy choices and their miraculous outcomes, and when communities are miraculously transformed by whole communities making choices to heal the Earth.

Plans for the Mid-Winter Pageant are already underway. The children and youth will be starting to rehearse and get masks and costumes ready starting on the third Sunday in November, and the pageant will take place during the Sunday service on Dec. 18. This year's pageant is a story of the Winter Solstice based on a story by Starhawk called the *Return of the Sun*. It is a touching story of the Sun, being tired and disheartened from working so hard all year, and being taken for granted by all of humanity, is invited by Wise Mother Darkness to take a break and recuperate for awhile in the darkness of Winter. We are looking for help to bring this production to life. We'll need crew members who are costumers, set builders, back of stage coordinators, lighting operators etc etc. No experience necessary. Contact Michael Leboldus, pageant coordinator: mjleboldus@hotmail.com

The Our Whole Lives program for youth in Grade 7-10 is about half way through. Five participants and four facilitators meet most Sunday evenings to learn and discuss human sexuality in all of its complexity and beauty. Huge thanks to parents, participants and the facilitators, Bev Webber, Heather Walker, Ivy O'Reilly and Jeff Webber for making this important commitment to the OWL program.

Be Our "Bearer of the Light"

Each week a household "holds" the light of our Beloved Community in their own household.

The practise of being Bearers of the Light starts out with signing up for a week and committing to be at church for two consecutive Sundays. On the first Sunday, you will be our Chalice lighter(s) in the service, and you will receive the Basket from the previous week's Bearers of the Light household. Then you take the Basket home for the week and return it the following Sunday to pass on to the next household.

The Basket contains a small travelling Chalice, real and electric tea lights and matches, both an adult oriented book and a child oriented book of reflections, and a journal for members of the household to write their own thoughts and reflections during their week being Bearers of the Light. A daily practise of lighting the chalice is suggested but, so far, we have seen a range of practises develop as each household forms its own practise that works for them.

You can sign up on line at Signup.com to claim your week to be our Bearers of the Light household by clicking on this URL: <http://vols.pt/fE2HvC> or sign up on the clipboard that lives on the bulletin board at the bottom of the stairs across from Room 1 in the CYRE area and you can email Shannon at DRE@unitarianscalgary.org to request a week.

Pub Night with Debra, Wednesday, November 2nd

Come join us by the fire in the lower level. Enjoy libations from coffee and soft drinks to beer and wine, temptingly satisfying food (including many gluten free and vegetarian options) and every bit of the bonhomie and lively, outgoing contemplative conversation you can bring. A great way to mingle with newcomers and old-timers alike. Parking is available on the east side of the building.

Hope to see you there! - 7pm

Nov 2nd Lower Level Getto Boys (old Voodoo Lounge) 720 16th Ave NW



November 4-Others

This month ½ of unidentified contributions from the offering plate will go to **Metro Alliance for the Common Good** which brings together faith group, unions, NGOs, educational organizations and communities of Calgary to transform our city into a community which acts justly and respects all. In September we donated \$775.05 to Evenstart.

PowerPoint Workshop

Sunday November 13th 1:00 – 2:30

Interested in learning more about the PowerPoint presentation software? Ev Dewar has offered to present a workshop to share the basics and more. You may attend for your personal information only or if you might be interested in assisting with the Sunday morning PowerPoint projections you will learn all you need for that (and then some). Contact Ev Dewar ev.dewar@kogawa.com or Rev Debra debra@unitarianscalgary.org to sign up.

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 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 December 2016 - May 2017

December	Expectation
January	Creation
February	Love & Justice
March	Simplicity
April	Resistance
May	Compassion

A Night in Baghdad

Dinner & Silent Auction
Saturday, November 19th

Sharing music, song and story, featuring:
Musicians Tom Mirhady, Vavfa and Bella Romero
And storyteller Cathy Welburn

Doors open at 5:30 pm (Dinner at 6:00 pm)
Tickets \$ 40.00

Tickets on sale at the church October 29th
Or online at www.brownpapertickets.com

Fundraiser for The Unitarian Church of Calgary and Refugee Sponsorship

CUU*rious Coffee and Conversation - November 20 and 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.

Prepare for the holiday season and purchase Co-op gift cards.

These can be used either as gifts or for your own purchases of groceries, gas or liquor at Co-op grocery and liquor stores! We welcome post-dated cheques!

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.

Gift card orders - Sunday, November 6

Gift card pickup - Sunday November 13

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

1. On the first Sunday of the month, bring cash or a cheque to church, payable to the Unitarian Church of Calgary. Place your order at the table set up in Wickenden

Hall before or after the service. If you are not going to be at church on the first Sunday of the month and we don't already have post-dated cheques from you, please leave your cheque in Coop Card/Fruit Cake Cheques mail slot in the church office.

2. The gift cards will be distributed on the second Sunday of the month. If you are unable to pick up your card on that day, you can collect it on the next Sunday.

3. Use the gift cards like cash when you make purchases (groceries, gas or liquor) at Calgary Co-op. You receive immediate cash discounts with gas purchases that can be used in their store. If you become a member of the Calgary Co-op you will receive dividends at the end of each year!

That's how easy it is!

Any questions? Contact: Ev Dewar

ev.dewar@kogawa.com Sheila Ward ssggward@shaw.ca

Frances Schaink blue.sky@infovisi.com



What Does It Mean To Be A People "Letting Go"?



When cast into the depths, to survive, we must first let go of things that will not save us. Then we must reach out for the things that can. — Rev. Forrest Church

All [of us] must leave room for the acts of the spirit. — Ursula LeGuin

We cling. You name it, we've wrapped our grasping fingers and anxious hearts around it: success, safety, society's standards of beauty, personal desires to be accepted, perfectionism, duty, fear, grudges, hurts, hopes, stuff, shame and privilege. Whether the object of our grasping is good or bad is not, as we learn, truly the issue. It's the grasping itself. That's the real problem. Holding on too long and too tightly is never good for the soul. So our faith pleads with us, "Let it go!"

But here's the twist: Our faith follows that up quickly with "Let it in!" This spiritual dance takes a two-step. As Forrest Church puts it, letting go must be followed up by reaching out. Or maybe it's better to say opening up. Indeed, the tragedy of grasping so tightly is not simply that we anchor ourselves to that which burdens us, but that we end up shutting out that which is trying to save and feed us. Letting go is ultimately about letting in. It's really about making room.

And the great gift of Unitarian Universalism is its claim that this is what "salvation" is all about. With all due respect to our orthodox Christian brothers and sisters who see salvation as a process of becoming cleansed or purified, we join with those who see it as a journey of remaining open. To some the world may appear a place chock-full of temptations to keep out, but to us the world is full of gifts, second chances and new starts desperately trying to get in! However, because of our clinging, there is no room.

All of which means that letting go is really an act of faith. Yes, it takes strength, resolve, discipline and courage. But mostly it requires we believe that, once we release our grips, life will not leave us empty-handed.

So friends, do you believe? Do you trust that making room will be worth it? Do you have faith that letting go will be met with a life-giving coming in? This month, let's find out.

May we all be blessed by this spiritual two-step!

Our Spiritual Exercises

Option A:

Learn to Fly: The Parable of the Trapeze

Is life calling you to let go and leap into something entirely new? This six-minute video will help you decide: <https://www.youtube.com/watch?v=HWvV5N4hOGc>. Here are your instructions:

Set aside reflective time and use this video as a meditation. Don't rush it. Watch it three days in a row or multiple times over two weeks.

Linger with the questions it asks: What new trapeze bar has your name on it? What is your next new story? What is the new aliveness coming to get you? Are you ready to jump? Are you ready to honor and savor the transition zone? And see it as the space of real living? Come to your group ready to describe the bar that has your name on it.

Option B:

Spiritualize One Space in Your Life

The international bestseller, *The Life Changing Magic of Tidying Up*, helps us see cleaning up clutter in a new light. It's not about eliminating mess; it's about letting in joy and creating space in which our spirits can breath. The author's challenge to all of us is this: "Anything that doesn't 'spark joy' is to be touched, thanked and ceremonially sent on its way!" This month take up the challenge:

Read the article about her book (and maybe read the book as well!): <http://www.theguardian.com/lifeandstyle/2014/nov/27/top-tips-to-joyfully-declutter-your-home-from-marie-kondo>

Pick one "space" in your life and declutter it in the way she recommends. This space can be something as big as a living room or as small as a desk drawer or the back seat of your car.

Take before-and-after pictures.

Come to your group ready to share what it was like to thank and send the clutter on its way. Most importantly, come ready to show what it's like to have one space full of the things that "spark joy" and prop you up.

Option C:**Let Go of the Privilege of White Privilege**

Letting go is ultimately about letting in. When it comes to the work of multicultural competence, this takes the form of trying to set aside one's own agenda and lens to make room for the perspective and experience of others. But it turns out that's painfully complex. For instance, even the act of raising awareness of white privilege can unintentionally marginalize the perspectives and experience of people of color. Activist Austin Channing helps us understand this in her insightful article, "White Privilege Weariness." In it, she asks, "How often have you been [in an awareness raising workshop] where the feelings of white people take priority? Do they feel guilt or shame? Are we making them feel guilt or shame? How uncomfortable are they? Is the room safe for them? Do they get it? ...Rather than judging the success of my training on whether or not white people walked away understanding privilege, could I define success based on the emotional energy of people of color after the training is done?"

This exercise invites you to take up Channing's challenge. Here's how:

Read over Channing's article and discuss it with friends and fellow parishioners: <http://austinchanning.com/blog/2014/3/weariness>

As you engage in the racial justice work or consciousness-awareness efforts of your church community, keep an eye out for the dynamic that Channing names.

Find a way to challenge that dynamic.

Straight-forward but not at all simple. Come to your group ready to share your learnings, slips, recoveries and best efforts.

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. Then come to your Soul Matters meeting prepared to share that journey with your group.

Are you living in (and holding on to) a story about yourself that isn't letting you grow?

Are you looking at (and holding on to) a story about others that isn't letting them grow? A story that is blinding you to the wholeness and complexity of who they really are? That is putting them in a box

Option D:**Wrestle with Surrender**

"*Let go and let God*" Some of us are more comfortable with the phrase than others. But all of us - theist, atheist or somewhere in between - need to get comfortable with letting go of the idea that we can do it all on our own. The famous third step of Alcoholics Anonymous is "[we] make a decision to turn our will and our lives over to the care of God as we understand God." This act of faith that we will be held by a Love that will not let us go is central to all religion. This is the challenge for many of us this month: surrender.

If this is your challenge, here is your simple assignment:

Meditate on this video. Watch and listen to it numerous times. Letting Go by Steffany Gretzinger: https://www.youtube.com/watch?v=D_7XIKVgRGY

Let it take you where you need to go. If the musician's theist perspective speaks to you, lean into it and let it take you deeper than you could on your own. If it doesn't resonate with your theological stance, work with and translate it until you make a connection in your own unique way. For all of us surrender may ultimately be more a matter of feeling our way into it than thinking our way into it. Let this video offer you that gift.

Come to your group ready to share your journey - and where your journey is calling you to go (and what it is calling you to do) next.

that they don't deserve? That is putting up an unnecessary wall between you and them?

Are you allowing yourself to be dragged? One of our Soul Matters participants writes, "*It took me 10 years of repression and 2 years of rumination before I forgave my ex-husband as a gift to myself for my birthday this year, and when I did, I realized how much lighter I felt. ... I'm now exercising my "forgiveness muscle"... because letting go feels so much better than being dragged.*" How does your forgiveness muscle need a bit more exercising?

Are you writing hurts in stone and kindness in sand? The parable of Mussa and Nagib (available [here](#))



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. The goal of these questions is not to help you analyze what blessing means, but to figure out what being a person of blessing means for you today. So, which question is calling to you?

1. Are you living in (and holding on to) a story about yourself that isn't letting you grow?
2. Are you looking at (and holding on to) a story about others that isn't letting them grow? A story that is blinding you to the wholeness and complexity of who they really are? That is putting them in a box that they don't deserve? That is putting up an unnecessary wall between you and them?
3. Are you allowing yourself to be dragged? One of our Soul Matters participants writes, *"It took me 10 years of repression and 2 years of rumination before I forgave my ex-husband as a gift to myself for my birthday this year, and when I did, I realized how much lighter I felt. ... I'm now exercising my "forgiveness muscle"... because letting go feels so much better than being dragged."* How does your forgiveness muscle need a bit more exercising?
4. Are you writing hurts in stone and kindness in sand? The parable of Mussa and Nagib (available [here](#) and in the resources section) reminds us that when someone hurts us, we should write it in the sand so the winds of forgiveness can blow it away; but when someone is kind to us, we should write it in stone so we will never forget. Do you follow this wisdom or do you have it backwards?
5. Has letting go of "God" numbed you to "the "love that never lets us go"?"
6. Do you judge or celebrate those who have let go of God? Has your holding on to God led you to honor or look down upon those who have let God go?
7. Is doing your duty driving you farther and farther from yourself?
8. Is staying in control controlling you? Is it time to let go of always being in charge?
9. Is trying to look a certain way stopping you from seeing yourself?
10. Are you ready to forgive yourself? Sometimes the kind of mercy most needed is mercy for oneself. Is it time to let go of being so hard on yourself?
11. 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”

Letting Go

Synonyms: release, discard, set free, surrender, liberate

Wise Words

Skippping a Stone on Water

by Charles Darling

Whether it's the hand that finds the stone
or a stone that chooses the hand
is hard to say. The result is the same:
a thing that snugly fits the finger's crook,
smooth, nearly silky, to touch,
with heft enough to cleave the air
but light enough to spank off water —
good for ten to twenty skips
or more before it seems to skim, then float,
then sink, leaving a circle widening.

What's hard, my father taught me,
is not so much the proper match
of stone and hand, nor the way
the arm must swing exactly parallel to shore,
what's hard is what's unteachable:
reckoning that point at which you must release,
knowing something's bound to take
a proper course because you followed through
all the way, clear to the end —
it's learning the hard way how to let go.

Writers have to get used to launching something beautiful and watching it crash and burn. They also have to learn when to let go of control, when the work takes off on its own and flies, farther than they ever planned or imagined, to places they didn't know they knew. All makers must leave room for the acts of the spirit.

— Ursula LeGuin

Instructions

by Sheri Hostetler

Give up the world; give up self;
finally, give up God.
Find god in rhododendrons and rocks,
passers-by, your cat.
Pare your beliefs, your absolutes,
Make it simple; make it clean.
No carry-on luggage allowed.
Examine all you have
with a loving and critical eye, then
throw away some more.
Repeat. Repeat.
Keep this and only this:
 what your heart beats loudly for
 what feels heavy and full in your gut.
There will only be one or two
things you will keep,
and they will fit lightly
in your pocket.

from Gestalt at Sixty

by May Sarton

I am not ready to die,
But I am learning to trust death
As I have trusted life.
I am moving
Toward a new freedom
Born of detachment,
And a sweeter grace—
Learning to let go.

**Not Knowing****by Stephen Levine**

I may not know my original face

but I know how to smile.

I may not know the recipe for the diameter

of a circle but I know how to cut a slice

for a friend. I may not be Mary or the Buddha

but I can be kind. I may not be a diamond

cutter but I still long for rays of light

that reach the heart.

I may not be standing on the hill of skulls

but I know love when I see it.

Let It Go by Danna Faulds

Let go of the ways you thought life would unfold, the holding of plans or dreams or expectations – Let it all go.

Save your strength to swim with the tide.

The choice to fight what is here before you now will only result in struggle, fear, and desperate attempts to flee from the very energy you long for.

Let go. Let it all go and flow with the grace that washes through your days whether you received it gently or with all your quills raised to defend against invaders.

Take this on faith; the mind may never find the explanations that it seeks, but you will move forward nonetheless.

Let go, and the wave's crest will carry you to unknown shores, beyond your wildest dreams or destinations.

Let it all go and find the place of rest and peace, and certain transformation.

Everything I've ever let go of has claw marks on it. — **Unknown**

When cast into the depths, to survive, we must first let go of things that will not save us. Then we must reach out for the things that can.

—Rev. Forrest Church

For those of us getting older, with attics filled to the brim with things we "thought we might need", or for those who have lost a spouse and are faced with cleaning out items with even more poignancy, "Letting Go" is the first step in facing the end years of our lives.

Keeping up a positive front while "downsizing" our cherished family homes and gardens is not done flippantly. Acceptance of change

while we are becoming physically and mentally less flexible is a mighty undertaking, much like a

child's first steps, letting go of her parent's steadying hands.

— Claudia Everest, UU Milford, NH**First Lesson****by Philip Booth**

Lie back daughter, let your head

be tipped back in the cup of my hand.

Gently, and I will hold you. Spread

your arms wide, lie out on the stream

and look high at the gulls. A dead-

man's float is face down. You will dive

and swim soon enough where this tidewater

ebbs to the sea. Daughter, believe

me, when you tire on the long thrash

to your island, lie up, and survive.

As you float now, where I held you

and let go, remember when fear

cramps your heart what I told you:

lie gently and wide to the light-year

stars, lie back, and the sea will hold you.

To let go is not to quit. Indeed to let go is to commit to something particular! The letting go is of whatever holds you back. To let go is to find that central and ultimate value in life worthy of your commitment, and then to surrender all else to win it.

—Soul Matters Minister

Let go or be dragged. — **Zen proverb**

Let go of how you thought your life should be and embrace the life that is trying to work its way into your consciousness.

— Unknown

Of the Seven Deadly Sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still to come, to savor the last toothsome morsel of both the pain you are given and the pain you are giving back—in so many ways it is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you.

Frederick Buechner



Videos & Online

The Parable of the Trapeze

by Danaan Parry <https://www.youtube.com/watch?v=HWvV5N4hOGc>

RadioLab with Oliver Sacks: "Memory and Forgetting"

<http://www.radiolab.org/story/91569-memory-and-forgetting/>

We let go of Oliver Sacks as he died this summer, his wisdom about letting go lives on.

SLIP | @PhillipChbeeb & Renee Kester <https://www.youtube.com/watch?v=qk00gbDwGqM>

What happens when the most beautiful memories from our past end up doing the most damage to our future?

"Letting Go of God" by Julia Sweeney

http://www.ted.com/talks/julia_sweeney_on_letting_go_of_god?language=en

The Parable of Mussa and Nagib

<http://www.uua.org/re/tapestry/children/tales/session5/123298.shtml>

Letting Go of the Pressure to Produce & Letting in a Little Useless Play

Try one of these sites:

<http://weavesilk.com/> interactive generative art

<http://thisissand.com/> virtual sand sculptures

<http://myshards.com/> design sharp textures & patterns

Songs

"Weightless" by The Becca Stevens Band

https://www.youtube.com/watch?v=qk_qfA9YlXg

Throw It Away" by "Abbey Lincoln

Video: <https://www.youtube.com/watch?v=i2003vuk3r4>

Lyrics: <http://www.metrolyrics.com/throw-it-away-lyrics-abbey-lincoln.html>

Letting Go - Steffany Gretzinger

https://www.youtube.com/watch?v=D_7XIKVgRGY

A beautiful theist expression of surrender and letting go

A Frozen Father (A bit of fun)

https://www.youtube.com/watch?v=3Ud6B_NXoNc

Articles

Letting go of shame to embrace joy: an article engaging Brene Brown's wonderful book, *The Gifts of Imperfection*.

<http://www.yourtango.com/2015278444/dont-let-people-shame-your-goofy-open-hearted-happiness>

Letting go of who one used to be

<http://www.npr.org/2015/07/25/425655861/in-wondering-who-you-are-a-man-wakes-up-and-doesnt-know-his-wife>

Letting go of fears

<http://thespiritscience.net/2015/04/10/how-to-release-your-fears-before-they-manifest/>

Fall as a season of letting go

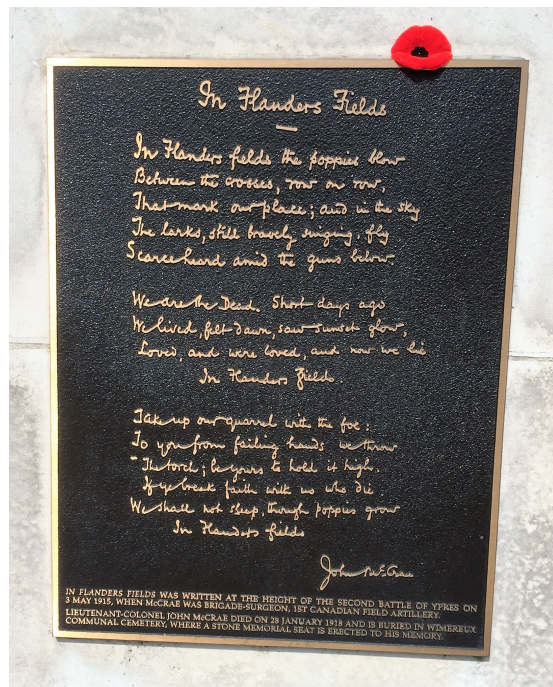
<http://www.spiritualityandpractice.com/practices/naming-the-days/view/10950/autumn-reflections-on-the-season>

Are we letting go of capitalism?

http://www.theguardian.com/books/2015/jul/17/postcapitalism-end-of-capitalism-begun?CMP=share_btn_fb

White Privilege Weariness

<http://austinchanning.com/blog/2014/3/weariness>



**Movies****Griefwalker**

A documentary about the leader of a palliative care team who has been at the deathbed of hundreds of people.

<http://www.nfb.ca/film/griefwalker>

Amish Grace

A drama about forgiveness and faith after the 2006 shooting at an Amish schoolhouse.

<http://www.spiritualityandpractice.com/films/reviews/view/20229/amish-grace>

Toy Story 3

Growing up, letting go and holding on to the blessings of our childhoods.

Wild

Based on the book by Cheryl Strayed.

<http://www.spiritualityandpractice.com/films/reviews/view/27459/wild>

127 Hours

A man lives in self-imposed isolation from the people who love him in order to seek out his own individualistic adventures. An accident and the loss of a piece of himself allows him to embrace connection.

Books**Life Lines: Holding On (And Letting Go)**

by Forrest Church

The Life-Changing Magic of Tidying Up

by Marie Kondo

Being Mortal: Medicine and What Matters in the End

by Atul Gawande

The Gifts of Imperfection by Brene Brown**After the Sucker Punch: a Novel**

by Lorraine Devon Wilke

"They buried her father at noon, at five she found his journals, and in the time it took to read one-and-a-half pages her world turned upside down... he thought she was a failure... She tries to "just let it go," as her sister suggests, but..."

Tear Soup: A Recipe for Healing After Loss

by Pat Schwiebert & Chuck DeKlyen (written for children, but helpful for all ages)

A listing of books for children and families about letting go:

https://www.amazon.com/gp/registry/wishlist/2TTP2FRYCZNKA/ref=cm_wl_sortbar_v_page_2?ie=UTF8&page=2

The Master gives himself up to whatever the moment brings.
He knows he is going to die,
And he has nothing left to hold on to:
No illusions in his mind,
No resistances in his body.
He doesn't think about his actions;
They flow from the core of his being.
He holds nothing back from life;
Therefore he is ready for death,
He holds nothing back from life;
Therefore he is ready for death,
As a man is ready for sleep
After a good day's work.

— Tao de Ching



Job Jar

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!

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

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.

News from the Membership Committee

We would like to introduce several new members who joined before the summer:

Jeb Gaudet & Lisa Hurtle with Ben and Ruby:

Lisa and Jeb, along with Ben and Ruby, have become very much a part of the UCC community since they started coming here in January of 2015. The children have been enjoying participating in OWL (Our Whole Lives) and the CRYE programs on Sundays.



This picture shows some of the exuberance they bring with them into our midst!

Paul Dorotich:



Paul has been part of our community for over a year now. He is a member of the Refugee re-settlement committee and expects to become one of our intrepid audio-visual crew. Paul is an avid photographer and enjoys outdoor pursuits like hiking, backpacking, snowshoeing and skiing. He is also an active musician playing trombone in two community bands and a 6-piece jazz combo.

David Romero & Yoseth Diaz Ramirez, with Camilla

David, Yoseth and Camilla came to our church about a year ago, as soon as they decided that they wanted to make Canada, and Calgary, their home. Being loving parents to active and outgoing Camilla, and soon another little one, takes up most of their time and energy these days.



In September, four new members gathered to sign the membership book together:

From the left: Robert Rickey, Charlene Hoepfner, Rev Debra Faulk, Colleen Anderson, president John Michell, and Pamela Rickey:



Pamela and Robert Rickey are long-time UU's who have moved to Calgary from Vancouver. They were previously members of UU Churches in Vancouver, Peterborough, and California. They've been enjoying the services and dinners, and they marched in the Pride Parade. They're now retired and are looking forward to more time for hiking, making art and music, and other interests including heading south to California warmth each winter.

Charlene Hoepfner has been singing with the choir for several years, so is no stranger to her fellow UUphonia singers. She and Ned Leavitt were recently married, and you no doubt have heard her singing in duets with Ned in Cabaret performances. She loves music and hiking, as well as studying and learning, and is at SAIT now, learning to do medical transcription.

Colleen Anderson has been a long-time Friend of our church, attending on and off since 1985. She remembers bringing her children here to the RE programs. She appreciates the sense of community she finds here at UCC. Colleen likes reading, family events, camping, sewing, tea with friends and walking.

Grow Project

Edited by Jennifer Jessop from an article by Janet Melrose, Horticultural Therapist

Imagine, if you will, a small corner set apart from the concrete and the frantic pace of a busy city. In this enclave, folk are gardening—helping plants thrive. These volunteers are building friendships and creating community. People stop to chat—visitors, members of the congregation, participants, perhaps even staff from a nearby Alberta Health Services... and simply curious people wandering by.

These gardens are the front and backyards of the Unitarian Church of Calgary, and it is part of the GROW Project Horticultural Therapy. Horticultural Therapy is gardening with purpose: to promote social inclusion for marginalized people; to build self-esteem and social skills; foster care of the environment; and to build a vibrant community that values everyone's contributions great or small.

The GROW Project is now in its fourth year at the church and it is backed by a solid core of participants and funding from organizations such as the Calgary Foundation.

The seasons change, and those people in our enclave may be sowing, weeding, watering or harvesting. When the activities are done for the day, folk relax—perhaps with a salad or soup made from the harvest, and they commune—sharing about the day's events or perhaps telling stories or anecdotes. As the garden feeds the body, the time together feeds the soul.

This is evident in the growing number of people from the community around the church. There is no hierarchy. All are welcome and as they garden side by side, they develop skills, heal their spirits and grow together in harmony, fellowship and shared satisfaction.



Solstice Celebration Team

Each year on the Solstice (December 21st) we honour the pagan traditions of this mid-winter holiday with a ritual and a mummers play with wassail. Would you like to be part of the team coordinating this event? Please contact Rev Debra with questions or to volunteer.



Christmas Hampers

Each year we assist others to have a more festive holiday. This takes some focused coordination for a few weeks and is incredibly rewarding. We have been fortunate for the last few years that our Intern Ministers took the lead with this initiative – this year if you would be willing to be part of a team to assure this happens please contact Rev Debra.



Volunteer of November 2016: Corinna Nielson!

Your board of trustees recognizes Corinna Nielson as the November 2016 Volunteer of the Month.

Many readers will know Corinna through UUphonia, our church choir. As Music Director Jane Perry writes:

As a member of UUphonia, Corinna has been a leader in the soprano section. Her strong musical skills help to anchor the singers around her, and her awareness of the musical details add polish to UUphonia's performances. Her contributions to UUphonia's annual Cabaret performance have included coaching and leading a choir-based dance group for the 2015 "All That Jazz" Cabaret, and performing a solo rendition of "All About the Bass" at Cabaret 2016 that absolutely brought the house down. Corinna has also been a member of the Cabaret Creative Team, a group that works with me to select themes and script ideas for our Cabaret productions. Always one to embrace new opportunities for learning, Corinna has recently decided to join UUphonia's tenor section in order to work on the lower part of her singing range.

Corinna is a skilled graphic artist and has been the principal poster designer for UUphonia concerts and other concerts organized by the Music Committee, and has been the graphic designer for Cabarets since 2012. You may also have seen her design work for other groups around UCC, including the Stewardship, Social Justice, Green Sanctuary and even the 2013 Annual Conference and Meeting for the Canadian Unitarian Council.

Corinna was chairperson for the Internship Committee 2014-16, helping Intern Minister Danielle Webber create and refine a work/lesson plan for her internship, reviewing her sermons and presentations, and advocating for her. Corinna led the initiative to include future Intern Minister funding in the congregational budget and organized a farewell event for Danielle in Spring 2016.

Earlier this year, on short notice and with great creative

and technical skill, Corinna was instrumental in developing and implementing a crowdfunding proposal to the Northern Lights funding group to fund an ongoing internship program for ministry.

As co-chair of the Church Services Committee 2011-2014 Corinna organized effective committee meetings and acted as service leader for church services.

Corinna lent her technical expertise to recent service auctions and was a member of the Technology Group, developing the original proposal to upgrade the audio visual equipment which allows the church to provide high quality projection in Panabaker and Wickenden halls.


Corinna has maintained the Green Sanctuary Committee database for the past three years and has created and disseminated publicity for their events.

Corinna was the Interim Office Administrator for four months in 2013. Rev. Debra Faulk says: *Her expertise and vision brought many enhancements to how we function in the office!*

This listing of activities is truly awe inspiring. Thank you Corinna for all you do!



November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		110:00 AM-W- Horticultural Therapy 06:00 PM-8-Adult OWL 06:30 PM-P-Vocal Latitudes rehears	210:00 AM-W- Needlecraft 11:00 AM-B-Staff meeting 05:00 PM-W- CYPT 07:00 PM-P-CRSP	304:30 PM-B- Church Services 07:00 PM-P- UUPhonia re- hearsal	410:00 AM-1- Painting lessons 05:00 PM-W/K- Green Sanctuary	507:00 AM-B/K-Fruitcake baking 09:00 AM-W-CYPT 12:30 PM-8-Youth sleepover OWL 06:30 PM-W/K-Contra dance
608:00 AM-P/W/K Worship Service 09:00 AM-8-OWL 7-9 12:00 PM-P/K- Congregational mtg 06:00 PM-8-OWL class for grade 7-9	707:00 AM-W/K- Fruitcake baking 06:30 PM-W/K- Wild Rose Sangha 07:00 PM-P-OVC	807:00 AM-W/K- Fruitcake baking 06:00 PM-8-Adult OWL 06:30 PM-P-Vocal Latitudes rehears	907:00 AM-W/K- Fruitcake baking 11:00 AM-B-Staff meeting 06:00 PM-W- CYPT 06:00 PM-B- Board meeting 07:00 PM-P-CRSP 07:00 PM-1- Raging Grannies 07:30 PM-4-AJC	1007:00 AM-W/K- Fruitcake baking 07:00 PM-P- UUPhonia re- hearsal	1107:00 AM-W/K- Fruitcake baking 10:00 AM-1- Painting lessons	1209:00 AM-W-CYPT 06:00 PM-1-CP w/ Amber
1308:00 AM-P/W/K Worship Service 12:00 PM-P-Chor Vida 06:00 PM-8-OWL class for grade 7-9	1407:00 AM-W/K- Fruitcake baking 06:00 PM-1- Arthritis Support Group 06:30 PM-W/K- Wild Rose Sangha 07:00 PM-P-OVC	1507:00 AM-W/K- Fruitcake baking 10:00 AM-W- Horticultural Therapy 06:00 PM-8-Adult OWL 06:30 PM-P-Vocal Latitudes rehears 06:30 PM-W-Chor Vida	1610:00 AM-W- Needlecraft 11:00 AM-B-Staff meeting 07:00 PM-P-CRSP	1707:00 PM-P- UUPhonia re- hearsal	1810:00 AM-1- Painting lessons 12:00 PM-W/K/P/ BK-Night in Bagh- dad	1908:00 AM-W/K/P/BK- Night in Baghdad
2008:00 AM-P/W/K Worship Service 12:00 PM-P-Chor Vida 12:00 PM-4-TLC w/ Lynn & Duff 02:00 PM-W-Sacred Web Singers 06:00 PM-8-OWL class for grade 7-9	2106:30 PM-W/K- Wild Rose Sangha 07:00 PM-P-OVC	2206:00 PM-8- Adult OWL 06:30 PM-P-Vocal Latitudes rehears 06:30 PM-W-Chor Vida	2311:00 AM-B- Staff meeting 12:00 PM-4-TLC w/ Lynn & Duff 07:00 PM-P-CRSP 07:00 PM-1- Raging Grannies	2407:00 PM-P- UUPhonia re- hearsal	2510:00 AM-1- Painting lessons 07:00 PM- Listening to Music	2605:00 PM-P/W/K- UUPhonia concert
2708:00 AM-P/W/K Worship Service 12:00 PM-4-TLC with Ev Dewar 01:30 PM-W-Dancing with Spirit 04:30 PM-W/K- Dancing potluck 06:00 PM-8-OWL class for grade 7-9	2806:00 PM-1- CYPT 06:30 PM-W/K- Wild Rose Sangha 07:00 PM-P-OVC	2910:00 AM-W- Horticultural Therapy 06:00 PM-8-Adult OWL 06:30 PM-P-Vocal Latitudes rehears	3010:00 AM-W- Needlecraft 11:00 AM-B-Staff meeting 06:00 PM-4-JMC 06:00 PM-W- CYPT 07:00 PM-P-CRSP			

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 November.

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