

The Quest

February 2018 Services: Interdependence

Inside This Issue

Debra's Deliberations	2
Kudos!	3
Upbeat News	6
CYRE News	7
Reflections	8
February 2018 Volunteer of the Month	18

February 4th **Spirit of :**

Sweet Honey In The Rock

Inspired by the African-American a cappella group, whose vision is Educate, Entertain, and Empower, our musical guests the BarberEllas will offer vocal reflections for this "Spirit of ..." service. Music Director Jane Perry will provide history and context.

Presenter: Jane Perry

Service Leader: Kathryn Burwash

Musicians: The BarberEllas

February 11th **New Eyes and Getting Real**

The work of gratitude and grief, vision and lament, have readied us to see the issues of Climate, Indigenous and Economic Justices with new eyes. This final service in the series will engage in making our efforts real.

Presenter: Rev Bill Phipps*

Service Leader: Hendrik Schaink

Music: Music Director Jane Perry with UUphonia

February 18th **What Binds Us Together**

Rev Debra returns from a brief six-week sabbatical that included reflection time, some relaxation, volunteering and study. The question she has held during this time is "What binds us together" for this is the meaning of religion, originally derived from the Latin word "religio" which means "good faith," "ritual," and other similar meanings or from the Latin "religare" which means "to tie fast," or "bind together", what is the good faith that binds us?

Presenter: Rev Debra Faulk

Service Leader: Lynn Nugent

Music: Guest musician

February 25th **Interdependence Calls**

The 7th Principle calls us to *affirm and promote respect for the interdependent web of all existence of which we are a part* and the new Canadian Unitarian Council's vision statement begins with *"as Canadian Unitarian Universalists, we envision a world in which our interdependence calls us to love and justice."*

This morning we explore this call.

Presenter: Rev Debra Faulk

Service Leader: Mary Anna Louise Kovar

Music: Music Director Jane Perry with UUphonia

**While Rev Debra is on sabbatical, we will be fortunate to have Rev Bill Phipps* offer a series of three services "Rediscovering The Commons" inspired by and loosely following the work of deep ecologist, Joanna Macy. In all three he will seek to connect Climate Justice, Indigenous Justice and Economic Justice.*

** Rev Bill Phipps, trained as a lawyer before answering the call to ordained ministry in the United Church of Canada (retired 2007). He was the 36th Moderator of the United Church from 1997 to 2000. During his tenure, the official United Church of Canada apology to survivors of residential schools was offered. Bill is also an author and a life-long social activist.*



Debra's Deliberations

While Debra is on her mini-sabbatical there will be no office hours or Deliberations. She will be back February 15th.

These are a few of the projects she is working on, volunteer activities that usually are added to her work week and this year have additional dedicated time:



UN Interfaith Harmony Week – You may remember last year's inaugural event that resulted in a Gold Medal from the King of Jordan. Debra was one of the representatives from the Calgary Interfaith Council who went to Amman, Jordan to accept the award. This year Mayor Nenshi will again proclaim the week and it has also passed the Provincial Legislature and so will be province wide; next year, a federal proclamation. Debra is on this year's planning team again focusing on a Blanket Exercise to be held at Grey Eagle Resort on Saturday February 3rd 1:00 – 5:00 and the closing ceremony banquet to be held Wednesday February 7th at the LDS Stake Centre 2021 17 Ave SW, Calgary, AB T2T 0G2. The Unitarian Open House will be Sunday afternoon February 4th, volunteers appreciated.

Theatre for Living: What Does Reconciliation Mean to You? Saturday February 17th & Sunday February 18th at McEwan Hall, UofC. Interactive theatre that is sure to sell out. One of the actors is UCC's previous minister Meg Roberts. Check out the website and order your tickets early as seating is limited.
<http://theatreforliving.com/>



This month we recognize and thank:

Dean Kasner, Neil Norton and Sheila MacMaster and their helpers for all the work putting together the Christmas dinner: Rebekah Mobley-Kasner, Joan Riches, Heather Walker, the set-up/clean-up crew, Dorothy and Libby for setting up the games. There was a turnout of 26 people despite the frigid weather; the food and fellowship were wonderful

Sheila Ward for continuing to offer Laughter Yoga.

Thank you to the Social Justice and Green Sanctuary Committees for planning the presentation of An Inconvenient Truth.

Kudos and thank you to Mary Anna Louise and Kathryn Burwash for taking care of the Fire Communion again this year.

Thanks also to everyone who has helped while Reverend Debra is on Sabbatical.

Extra special thanks to Ned Leavitt who cleared the walkway after the last heavy snowfall, even though he was not feeling well when he did it. Made accessing the building so much easier for those who struggle with access. Also thanks to Hedda Zahner who made a pie to "bribe" the non-volunteer who cleared out the huge snow berm made by city snow plows. This made getting in and out of vehicles in the loading zone so much more safe and easy.

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.

Presenting the Winners of the 2018 Panabaker Award:

Jane Ebborn and Brandis Purcell

This year, the Harold and Marion Panabaker Award is honouring two individuals, Jane Ebborn and Brandis Purcell. In choosing to honour two people, we recognize their distinct contributions to our congregation - each has made and continues to make significant donations of their time, energy, and talent. The gifts that they share are very much a part of who they are, and with such wonderful and deserving candidates, it was impossible to choose between them.



Jane Ebborn

Jane has been a member of UCC for about twenty years. During that time, she has filled several formal positions including President of the Board of Trustees and Chair of the Endowment Trust Fund. She is now serving on the Board of the Canadian Unitarian Council. She is particularly known and appreciated for the times when she has stepped up to lead ad hoc projects such as the Talent and Service Auction, monthly Pub Night, Green Sanctuary grant applications, and the recent effort to develop a new logo and slogan.

Jane manages the fruitcake fundraiser, and according to her nomination letter, "Jane handled the task like a benevolent general. She is organized, energetic, enthusiastic, and all her helpers have fun doing the work with her."

Jane's organizational skills, energy, and ability to motivate others have led to many successes, the latest of which is the adoption of the new logo. Also from her nomination letter, "Jane, like the lady for whom the award is named, brings compassion, caring, and commitment to our beloved community."

Brandis Purcell

Brandis has contributed to our community artistically, musically, administratively, and always compassionately. Some of her easily seen contributions are her beautiful quilt-work that adorns Panabaker Hall; and her participation as a member of UUphonia, Chor Vida, and TriUU. Behind the scenes, Brandis has also been a member of the Cabaret creative team, and serves as a backup director for UUphonia.



Brandis currently serves on the Committee of Shared Ministry and as a lead on the SWEET team, and has been an instrumental member of the Stewardship committee, the Ministerial Search committee, and the Board of Trustees. Brandis also shares her interest and passion for Pagan traditions, for example by leading an annual Winter Solstice service.

In these and many, many other ways, Brandis gives fully and genuinely of herself, sharing aspects of herself that enrich and enliven our community. As one nomination letter put it, Brandis is a "model of patience, good cheer, and sweet reason", and is truly deserving of this recognition.

Historical Highlight

Ah, February! In Western culture, it's the month we celebrate romantic love. A pleasure to some, and to others a reminder of their loneliness. But the notion of love extends much further than this narrow conception, and the broader concept of love is intrinsic to Unitarian Universalism. Just take a look at our Unitarian Universalist principles (cuc.ca/principles-and-sources) and you will see that each, in its own way, reflects our commitment to love for all people and love for all existence. It is love that informs our justice work, be it racial, economic, environmental, or other. In 2016, the new vision statement adopted by the Canadian Unitarian Council (CUC) begins with these words: "As Canadian Unitarian Universalists, we envision a world in which our interdependence calls us to love and justice."

The Unitarian Universalist Association (UUA) public advocacy campaign named "Side with Love" (formerly "Standing on the Side of Love") has focused since 2009 on mobilizing support for marginalized groups, increasing public awareness through media and political lobbying. The slogan was used creatively in 2014 by Rev. Norm Horofker of the Unitarian Universalist Church of Halifax, who had his old Jeep painted bright yellow with the "Standing on the Side of Love" logo. And at the September 2014 People's Climate March in New York City, many Unitarians from Canada and the United States sported yellow T-shirts emblazoned with the same logo.



The "Standing on the Side of Love" campaign was originally conceived in 2004 to promote marriage equality, and the Unitarian Universalist denomination has been at the forefront of advocacy for the rights of lesbian, gay, bisexual, transgender, and queer or questioning (LGBTQ) individuals. In 1969, a UU Minister became the first ordained minister of a major religious group in Canada or the United States to come out as gay, and in 1988, the first openly transgender person was ordained by the UUA. As early as 1978, the CUC passed a resolution calling for an end to discrimination based on sexual orientation. The Welcoming Congregation program was developed in 1989 for those congregations wanting to become more inclusive of LGBTQ people, and the Unitarian Church of Calgary has been so designated since 2000.

In 2004, the CUC earned intervenor status and argued before the Supreme Court of Canada for equal marriage rights, finally passed into law in July 2005. Five of our Calgary Unitarian youth played a visible role during the debate in the House of Commons. They created a 500-foot long Pride Rainbow Banner and paraded it on Parliament Hill before the final vote on the bill. We should all be proud that the Canadian Museum of History displays a piece of the banner with a description of the efforts of our youth, in the section of the museum devoted to human rights.

So, this February, express your Unitarian love however you wish -- hug a tree, kiss a loved one, befriend a stranger, act for social justice.



♪ UpBeat News with Jane Perry ♪

Spirituality of Sweet Honey in the Rock. On Sunday, February 4, the morning service will be all about the storied African-American a cappella women's ensemble Sweet Honey in the Rock. Come and hear live renditions of Sweet Honey songs from the BarberEllas, with history and context provided by Music Director Jane Perry.



An Afternoon of Chamber Music. Sunday, February 11 at 3:00pm in Panabaker Hall. Classical-music lovers look forward to this annual concert from Calgary Philharmonic Orchestra cellist Tom Mirhady and friends. In this recital, you will hear Tom perform as part of the Springbank Trio with violinist Laurie Syer and pianist Jamie Syer, and also with pianist Jane Perry. Repertoire will include Chopin's Sonata in G minor for cello and piano, as well as Brahms' Piano Trio in B major. Tickets: \$25 regular, \$20 senior/student, or pay what you can at the door. Free for those age 18 and under. Advance tickets: www.brownpapertickets.com

The Coffee Chorus! For three consecutive Tuesday afternoons in the month of February, join Music Director Jane Perry for 30 minutes of social time over coffee and then 60 minutes of singing! This choir is designed for folks who have time to come and sing in the middle of a weekday and who also want a little social time in a relaxed atmosphere. Children are welcome, though the choral offerings are designed for grown-ups: music by the Beatles, Bob Dylan, Joni Mitchell, Simon & Garfunkel, and great old tunes from the '40s and '50s. Our first Coffee Chorus date will be **Tuesday, February 13** in Wickenden Hall, with coffee at 1:30pm and singing from 2:00pm to 3:00pm. Join us!

And out in the community...

String Theory Music Collective presents "Fandango!" Calgary's newest early-music ensemble presents music of the Spanish Renaissance and Baroque. Among the players is harpsichordist Jane Perry. Sunday, February 4 at 3:00pm at cSPACE King Edward in Marda Loop (1721 29 Ave SW). Tickets: \$25/\$15 at www.brownpapertickets.com

The Building Sacred Bridges Concerts are part of this city's Interfaith Harmony Week and feature choirs from various Calgary faith communities. This year, two of our Calgary Unitarians ensembles have been invited to sing! Proceeds from the concert go to Habitat for Humanity Southern Alberta. Suggested donation: \$20. www.habitatsouthernab.ca/bsb

*Saturday, February 10 at 7:00pm. UUphonia sings at Knox United Church (506 4 Street SW at 6 Avenue)

*Sunday, February 11 at 7:00pm. Chor Vida sings at Beth Tzedec Conservative Congregation (1325 Glenmore Trail SW)

And coming up in March... Cabaret 2018! Friday, March 16 at 7:00pm and Saturday, March 17 at 7:00pm in Panabaker Hall. To celebrate St. Patrick's Day weekend, UUphonia and friends present "A Celtic Cabaret", with music from Ireland, Scotland, and Newfoundland and Nova Scotia, and plenty of audience sing-alongs! Tickets will be available at Sunday coffee hour starting on February 25.



Join Our Intergenerational Secret Buddies Program!

It's a chance for adults and children six years and over, to get to know one another and have a little fun. The Secret Buddies Program matches an adult from the congregation with a child in our Religious Education program. The Secret Buddies share the name of a famous Unitarian Universalist, and become Jr. and Sr. (a great way to learn about some of our inspirational UU's). Perhaps becoming Beatrix Potter or Robert Munsch...

They don't know one another's real identity, but over the course of four weeks they will get to know each other by exchanging letters, jokes, drawings, book or movie recommendations and more. Half the fun is wondering who it might be! Identities are not revealed until the 5th Sunday.... when the Jr. and Sr. Famous Unitarians gather together for their very own Mad Hatter Tea Party!

The Secret Buddies program begins on Sunday, Feb. 11th and runs until Sunday, March 11th. Sign up now to join in, and perhaps begin a lifelong friendship.



Sheila MacMaster, Director of Religious Education
Contact Sheila at dre@unitarianscalgary.org
Phone number: 403-404-1361

A special thank you to our guest Laurie Lin and her beloved corn snake Galaxy who visited our CYRE classroom on Sunday, January 7th. Laurie Lin works at the Calgary Zoo, and generously shared her talents and time. Adults and children alike had a great time getting to know Galaxy! If you didn't get a chance to meet this amazing duo, you can look forward to another visit in the future.



Silent Auction



Submit Your Bids: January 28th – February 11th

Our Time and Talent, (T&T), auction will allow bidding on our wonderful offerings after the service on 3 separate Sundays: January 28th, February 4th and February 11th.

Bidding sheets will be displayed on our Wickenden bulletin boards as of Sunday, January 28th. And then as of 12:15pm on February 11th, the bids will close, winners will be notified, and the money collected over the next 2 weeks for services and items won.

While we hope this event will provide fun opportunities for members to interact with each other, we also hope that it will be a good fundraiser. **People with no money however,**

are welcome to bid future church volunteer hours up to a maximum of 8 hours per person, valued at \$10 per hour. Just indicate this on the bid sheet.

Check out our great offerings on the Wickenden bulletin board and on our website and make some plans to bid.

Here's a picture of some very satisfied participants in the Curry Cooking Class from last year.



And if you have donated something and don't see it here, please contact t&t@unitarianscalgary.org to get it added.

February's Third Sunday Forum: Interdependence

The Social Justice Committee offers two TED talks that relate to our theme of the month, interdependence, for viewing and discussion. One is by an architect who offers cohousing to counter our culture's "epidemic of isolation." The other is by a scientist who explains how, in contrast with our dominant farming practices, permaculture mimics the intricate patterns of nature to help us both feed ourselves and co-exist peacefully with nature.

Light lunch provided. Moderator: Susan Stratton. Noon – 1:00 pm Sunday February 18 in Panabaker Hall.

Please Help Reduce Plastic Bag Pollution

Wanted: Any unwanted, reusable bags you have (all sizes, materials, logos accepted) can be put to good use.

How: Green Calgary is repurposing any excess bags that you may have for others to use.

When: Bags will be collected from January 10 - February 14 and available for pickup February 15-17 at the Green Calgary Store (14 St and 2 Ave NW).

To make it easy: Sophia Lang can collect your bags after service on February 11 and deliver them to Green Calgary or by contacting her at sophialang@shaw.ca.



What Does It Mean To Be A Community of Interdependence?

The theme for February is **Interdependence**. My colleague Rev. Steven Epperson, minister at the Unitarian Church of Vancouver, when using this theme shared a sermon that begins with this story:

Thirty plus years ago, UUs in North America went through a process of exploring and coming to an agreement on a set of Principles which would best express what we value and believe together as a religious community. It took several years, and lots of discussion and negotiation (we are Unitarians after all!). Then in 1985, it seemed all was set: six principles, beginning with an affirmation of the dignity and worth of persons, and from there, a consensus on a set quality of character and ways of being in relation in community and beyond that were most descriptive of us as we were, are and aspired to be.

And then, from the floor of the General Assembly, an additional Principle was proposed, and in that very moment, it was agreed: a seventh principle should join the other six--it was like, *how could we have forgotten this?* And so we read: *"We affirm and promote respect for the interdependent web of all existence of which we are a part."*

The affirmation of the interdependence of *all existence* arises from fundamental theological and scientific insights. From the ecological sciences (which I think inspired the seventh principle thirty years ago), there is an agreed understanding that every form of life depends on other living things, and on the non-living, physical environment as well—from the subatomic realm to the utmost bounds of the cosmos.

Interdependence is something that is both believed in and felt. Yet how often do we humans in western cultures stress interdependence instead being independent. This notion of independence while a significant concept as we move through childhood to being autonomous adults, can perhaps hinder the flourishing and depth of relationships. It can alienate us from the ecological systems in which we live and move and have our being.

Now, as an adult, how often do we “just do it myself and get it done”, rather than taking time to get input from others. This may or will take longer, yet collaboration deepens relationships, increases collective understanding, and enhances possibilities. How difficult is it for us to ask for help? What internal voices suggest asking for help means you are weak or lesser than? Yet if we truly believe---both theologically and scientifically--- that we are interdependent, does it show up in the way we live?

Have you struggled with feeling too dependent? Or too independent? Have you wondered what it would be like to allow yourself to rely more on others, as well as offer what you can without feeling like it's not enough? What messages did you receive growing up about self-reliance and independence? What are the things you think about when you consider how to live in the interdependent web of existence?

Namaste,

Debra

The reflection above is edited from one by the Rev Meg Roberts. The packet is gathered from many Canadian colleagues who are working with this theme. As always acknowledgment and gratitude to the Soul Matters Collective.



Spiritual Exercises

Unitarian Universalists want to do more than just read and talk about spiritual topics---they enjoy experiential learning. Many of us learn and process concepts best through direct experience. Given this, group members are invited to choose a “spiritual exercise” on each month’s topic to engage prior to the meeting. The invitation is to try the exercises, believing that—whether you “enjoyed” it or not—the experience of doing it will help you learn something about life and yourself-- something that sitting in a room just thinking about the topic never could.

I invite you to choose one of the spiritual exercises below and try it out over the coming month.

Option A

7th Principle Action

The Unitarian 7th principle is to affirm and promote ‘the interdependent web of existence of which we are a part.’ In the coming month, take one action intentionally in your life that puts this principle of interdependence into practice. Come back to the sharing circle with an insight or thought you had from doing this spiritual exercise.

Option B

Intentional Focus

Using a spiritual practice you already do, take time to reflect on, meditate on, and/or pray about how to be more intentional in how you practice interdependence in your relationships: with the God of your understanding/the Spirit of Life, those you hold dear, others in your world, and yourself. See what arises within you and decide on one thing you will do in response over this month. Come back to the group with something you are willing to share about this spiritual experience.

Option C

All My Relations

Ponder the Lakota term Mitákuye Oyás’iŋ (All My Relations) and what it might truly mean if we considered everything (animate and inanimate) as family. Spend at least 5 minutes everyday considering this expanded notion of family. Pick one being or item to focus /ponder/meditate with, perhaps a different one everyday?

Option D

Indigenous Knowing

This is the first paragraph of a website on First Nations Pedagogy:

<http://firstnationspedagogy.com/interconnection.html>.

Interconnection is a central core of First Nations, Inuit and Metis worldviews and ways of knowing. Some First Nations sum this up with the phrase “All my relations”. This mindset reflects people who are aware that everything in the universe is connected. It also reinforces that everyone and everything has a purpose, is worthy of respect and caring, and has a place in the grand scheme of life.

Over the month, take time to visit this website, watch the two videos embedded on the website, and then turn your attention to the three models holistic learning models presented. As you’re reviewing them, turn your mind’s eye towards the question of how interconnection could be applied to improve education. The website then invites you to, “[u]sing a medium of your choice, create an artistic expression of what interconnectedness means and what it looks like. Express the essence of this philosophy, and feel it as you create your good work.”

Share your reflections or artistic expression with your small group.



Questions To Live With:

*Don't treat these questions like "homework." You do not need to engage every single one. Instead, simply look them over and **find the one that 'hooks' you most**. Then let it take you on a ride. Live with it over the next couple of weeks. **Let it wander around in your unconscious the rest of the time**. Allow it to break into--and break open--your ordinary thoughts.*

1. How do you understand the concept of 'interdependence'? Where do you see it active in the world?
2. How do you understand Rev. Steven Epperson's words, "The affirmation of the interdependence of *all existence* arises from fundamental theological and scientific insights"? What have you learned about those insights in your life?
3. In your life, what have you learned about dependence, co-dependence, independence and interdependence that might help in your relationship with a person(s)?
4. When was a time when you experienced being in the interdependent web of life? How did that affect you?
5. Rev. Steven Epperson: "From the ecological sciences (which I think inspired the seventh principle thirty years ago), there is an agreed understanding that every form of life depends on other living things, and on the non-living, physical environment as well—from the subatomic realm to the utmost bounds of the cosmos." When you reflect on the interdependence of all existence emanating from the Big Bang, how does it affect your understanding of your place in the universe?
6. How do we learn to live more intentionally in our interdependence? How can we let it influence the decisions we make? The way we treat others?
7. Have you struggled with feeling too dependent? Or too independent? Have you wondered what it would be like to allow yourself to rely more on others, as well as offer what you can without feeling like it's not enough?
8. What are the challenges you think about when you consider how to live in the interdependent web of existence? What might help you overcome those challenges?
9. Thich Nhat Hanh writes, "Selflessness is the interdependent nature of all things. Without interdependence, nothing could exist." What does this mean to you?
10. Are interdependence and interconnection the same thing?



Other Resources

Quotes

The task that remains is to cope with our interdependence - to see ourselves reflected in every other human being and to respect and honor our differences. Melba Pattilo Beals, *Warriors Don't Cry: The Searing Memoir of the Battle to Integrate Little Rock's Central High*

The interdependency of humankind, the relevance of relationship, the sacredness of creation is ancient, ancient wisdom.

~ Rebecca Adamson, American Indian Rights Activist, Founder, First Nations Development Institute & First Peoples Worldwide

Leaders in business and government, who fail to see the holistic interdependence of our planet, are destined to cause its demise.

~ Said Elias Dawlabani,
MEMEnomics: The Next-Generation Economic System

The indigenous understanding has its basis of spirituality in a recognition of the interconnectedness and interdependence of all living things, a holistic and balanced view of the world. All things are bound together. All things connect. What happens to the Earth happens to the children of the earth. Humankind has not woven the web of life; we are but one thread. Whatever we do to the web, we do to ourselves. - Rebecca Adamson, American Indian Rights Activist, Founder, First Nations Development Institute & First Peoples Worldwide

We men and women are all in the same boat, upon a stormy sea. We owe to each other a terrible and tragic loyalty.

~ G.K. Chesterton, *The Collected Works of G.K. Chesterton Volume 28: The Illustrated London News, 1908-1910*

Impermanence and selflessness are not negative aspect of life, but the very foundation on which life is built. Impermanence is the constant transformation of things. Without impermanence, there can be no life. Selflessness is the interdependent nature of all things. Without interdependence, nothing could exist. ~ *Your True Home: The Everyday Wisdom of Thich Nhat Hanh*

I believe that national sovereignties will shrink in the face of universal interdependence. ~ Jacques Cousteau

Our culture values independence and isolation far too much, it seems to me--we have a hard time making ourselves part of things, of making ourselves responsible to others, and trusting others to be there for us. Sure, there's pain involved if we get hurt, but there's far more pain in isolation. I love community because God gave us other people to live with, not to pull away from, and I learn so much from others that I can't imagine my life without the learning I've gained from getting to know other people.

~ Tom Walsh

We can either emphasize those aspects of our traditions, religious or secular, that speak of hatred, exclusion, and suspicion or work with those that stress the interdependence and equality of all human beings. The choice is yours. ~Karen Armstrong,
Twelve Steps to a Compassionate Life

We cannot hold a torch to light another's path without brightening our own. ~Ben Sweetland

A beam or pillar can be used to batter down a city wall, but it is no good for stopping up a little hole - this refers to a difference in function. Thoroughbreds like Qiji and Hualiu could gallop a thousand li in one day, but when it came to catching rats they were no match for the wildcat or the weasel - this refers to a difference in skill. The horned owl catches fleas at night and can spot the tip of a hair, but when daylight comes, no matter how wide it opens its eyes, it cannot see a mound or a hill - this refers to a difference in nature. Now do you say, that you are going to make Right your master and do away with Wrong, or make Order your master and do away with Disorder? If you do, then you have not understood the principle of heaven and earth or the nature of the ten thousand things. This is like saying that you are going to make Heaven your master and do away with Earth, or make Yin your master and do away with Yang. Obviously, it is impossible.

~ Chuang Zhuangzi, *The Complete Works of Chuang Tzu*



You are the sum total of the people you meet and interact with in the world. Whether it's your family, peers, or co-workers, the opportunities you have and the things that you learn all come through doors that other people open for you. ~ Tanner Colby

Some of my Best Friends are Black

"Je réclame l'indépendance dans l'interdépendance." (Translation: "I claim independence in interdependence.") ~ Albert Camus, The First Man

If you have come here to help me, you are wasting our time. But if you have come because your liberation is bound up with mine, then let us work together. ~ Lilla Watson, visual artist, activist, and academic (written in collaboration with Aboriginal activists in Queensland in the 1970s)

Talking about independence makes me wonder, who is truly independent in this world? A farmer who grows food is dependent on a baker, a barber, a doctor, and so on. A doctor is dependent on other people of different professions in order to survive. I am dependent and will be dependent on certain caregivers and therapists. Those caregivers and therapists need people like me to earn their bread and butter and draw their salaries. So no one is doing any favors when choosing whatever his means of livelihood is. - Tito Rajarshi Mukhopadhyay, How Can I Talk If My Lips Don't Move?: Inside my Autistic Mind

All have their worth and each contributes to the worth of the others. ~J.R.R. Tolkien, The Silmarillion

None of us can ever save himself; we are the instruments of one another's salvation, and only by the hope that we give to others do we lift ourselves out of the darkness into light. ~ Dean Koontz

Action has meaning only in relationship, and without understanding relationship, action on any level will only breed conflict. The understanding of relationship is infinitely more important than the search for any plan of action. ~ Jiddu Krishnamurti Love: The Art of Mindful Connection

Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all. ~Erik Erickson

"Land, then, is not merely soil; it is the foundation of energy flowing through a circuit of soils, plants and animals. ... An ethic to supplement and guide economic relation to land presupposes the existence of some mental image of land as a biotic mechanism. We can be ethical only in relation to something we can see, feel, understand, love, or otherwise have faith in. Aldo Leopold, A Sand Country Almanac

"The roots of all living things are tied together. When a mighty tree is felled, a star falls from the sky. Before you cut down a mahogany, you should ask permission of the keeper of the forest, and you should ask permission of the keeper of the forest, and you should ask permission of the keeper of the star." *Maya*

Any individual within a culture is going to have his or her own personal interpretation of the collective cultural code; however, the individual's worldview has its roots in the culture - that is, in the society's shared philosophy, values and customs. If we are to understand how Aboriginal and Eurocentric worldviews clash, we need to understand how the philosophy, values and customs of Aboriginal culture differ from those of Eurocentric cultures ~ Leroy Little Bear

We will never have true civilization until we have learned to recognize the rights of others. — Thomas King, The Inconvenient Indian

"We ought to recognize that our greatest battle is not with one another but with our pain, our problems, and our flaws. To be hurt, yet forgive. To do wrong, but forgive yourself. To depart from this world leaving only love. This is the reason you walk."

— Wab Kinew, The Reason You Walk: A Memoir



Therefore we need a genuine sense of responsibility and a sincere concern for the welfare of others. ~Dalai Lama
The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another. ~Thomas Merton

Interdependence is and ought to be as much the ideal of man as self-sufficiency. Man is a social being.
~Mahatma Gandhi

Dreams pass into the reality of action. From the actions stems the dream again; and this interdependence produces the highest form of living. ~Anais Nin

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here... And whatever your labours and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy. ~ *Max Ehrmann*

I have an interesting perspective on depending on others. I think it gives people a chance to serve. And I'm not so much big on independence, as I am on interdependence. I'm not talking about co-dependency, I'm talking about giving people the opportunity to practicing love with its sleeves rolled up. ~ Joni Eareckson Tada

The idea of interdependence is central to Buddhism, which holds that all things come into being through the mutual interactions of various causes and conditions.
~Daisaku Ikea

There is no faith that promotes violence... no faith that says that it is a good thing to steal... no faith that says it is a good thing to kill. All of our faiths in different ways tell us how we can be truly human, that we are interdependent, that we are made for interdependence. ~ Desmond Tutu

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

The fundamental law of human beings is interdependence. A person is a person through other persons.
~Desmond Tutu

Interdependence is a fundamental law of nature. Even tiny insects survive by mutual cooperation based on innate recognition of their interconnectedness. It is because our own human existence is so dependent on the help of others that our need for love lies at the very foundation of our existence. Every day I remind myself that my inner and outer life are based on the labors of other men, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving.
~Albert Einstein

Boundaries ~ Lynn Ungar

The universe does not
revolve around you.
The stars and planets spinning
through the ballroom of space
dance with one another
quite outside of your small life.
You cannot hold gravity
or seasons; even air and water
inevitably evade your grasp.
Why not, then, let go?

You could move through time
like a shark through water,
neither restless or ceasing,
absorbed in and absorbing
the native element.
Why pretend you can do otherwise?
The world comes in at every pore,
mixes in your blood before
breath releases you into
the world again. Did you think
the fragile boundary of your skin
could build a wall?

Listen. Every molecule is humming
its particular pitch.
Of course you are a symphony.
Whose tune do you think
the planets are singing
as they dance?



A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.
~ Albert Einstein

How would you describe the difference between modern war and modern industry -- between, say, bombing and strip mining, or between chemical warfare and chemical manufacturing? The difference seems to be only that in war the victimization of humans is directly intentional and in industry it is "accepted" as a "trade-off". ~ Wendell Berry

Be mindful at all times of the following: the nature of the whole universe, the nature of the part that is me, the relation of the one to the other, the one so vast, the other so small. Humanity is like an enormous spider web, so that if you touch it anywhere, you set the whole thing trembling... As we move around this world and as we act with kindness, perhaps, or with indifference, or with hostility, toward the people we meet, we too are setting the great spider web a-tremble. The life that I touch for good or ill will touch another life, and that in turn another, until who knows where the trembling stops or in what far place and time my touch will be felt. Our lives are linked together. No one is an island. ~ Frederick Buechner,

There is a stage in human development when people begin to be as much interested in others as in themselves, as much concerned with others' lots as their own. When this stage of development is reached, by some miraculous transition, the word 'we,' expressive of sympathy and of the sense of togetherness in life, takes the place of the word 'I.' The word 'we' unites us.... I without my relationships am nothing; the people I love, the people I serve, the

people who work with me and with whom I work. So we are much more important than I am.

- Rev Dana Greeley

Whatever affects one directly, affects all indirectly. I can never be what I ought to be until you are what you ought to be. This is the interrelated structure of reality. ~ Martin Luther King, Jr.

The combination of realizing our distinctiveness along with our unity is seeing interdependence.

~ Sharon Salzberg

Recommended Resources

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

Books

Songs of Trees: Stories from Natures Great Connectors, David George Haskell

<http://tinyurl.com/y7wgewoa>

Towards a Prairie Atonement, Trevor Herriot

<http://tinyurl.com/y7vgod66>

Interdependence: Renewing Congregational Polity

Chapter from Congregational Polity – UUA's commission on appraisal

<http://www.uua.org/governance/polity/47002.shtml>

The Invention of Nature: Alexander Von Humboldt's New World, Andrea Wulf (2015) nonfiction about the Prussian naturalist, explorer and geographer Alexander von Humboldt includes his influence by Unitarians like connections with Unitarians Charles Darwin, Thomas Jefferson, and Henry David Thoreau.



The Barefoot Book of Earth Tales by Dawn Casey and Anne Wilson Cambridge: Barefoot Books, 2009

The Earth Charter

<http://earthcharter.org/discover/the-earth-charter/>

Video/Movies

There are loads of YouTube and TED Talks about Interdependence – try a search and share ones that touch you!

TEDtalk: How Trees Talk to Each Other, Canadian Ecologist Suzanne Simard

<http://tinyurl.com/hwp85vt>

Interdependence of Life – the creator says “This is a video that I made for technology class about the interdependence of life using one of the content standards for 7th grade science.”

<https://www.youtube.com/watch?v=GxE1SSqbSn4>

Louie Schwartzberg, TED Talk: “Nature. Beauty. Gratitude.” <http://tinyurl.com/hwp85vt>

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

<http://tinyurl.com/d2c29yx>

Rachel Stafford “The Point of Being Alive” A blog entry about every day encounters and connections.

<http://tinyurl.com/y8ukdtle>

An interview with artist Chris Jordan, some of whose work explores the ties between beauty and grief and the interconnectedness of all living things.

<http://tinyurl.com/y947c7ma>

Drop-in TLC (Theme-Based Listening Circle) 3rd Thursday noon - 2:00 in the Board Room using the current monthly theme. This month's theme is Interdependence and the meeting is February 15th. All are welcome!

Upcoming TLC Themes for 2018:

March - Risk

April - Transformation/Change

May - Embodiment

Hope to see you at one or all of these lively discussions!





Young Adults Board Games Afternoon!

February 17th- 2:00pm-6:00pm Unitarian Church of Calgary- 1703 1st St NW

If you are between the ages of 18-40 and you want to get to know the young adults in your community, and have a lot of fun doing it- then come for an afternoon of board games! Feel free to bring snacks to share and a favorite board game. We hope to see you there! Stay tuned for more events for young adults!

Lay Chaplain Awareness Day

February 11, 2018

You are invited to come and meet members of the lay chaplaincy committee during coffee hour on February 11th. We look forward to meeting you and answering any of your questions.

The lay chaplaincy committee is made up of five members. Meredith Simon is our committee chair and is a past chaplain. Other members include Colleen Anderson and Joan Riches and our two current chaplains, Mary Anna Louise Kovar and Bev Webber.

The congregation vote to affirm our lay chaplains at our annual meeting, typically for a two-year term which can be renewed twice, for a total of six years. If a member of our congregation is interested in becoming a lay chaplain, they should contact nominating committee or the lay chaplaincy committee. The Canadian Unitarian Council (CUC) offers training at least once a year. The training is completed in a weekend. Lay chaplains also commit to on-going training with the CUC. Once the training is completed, the CUC registers the lay chaplain with the province and they now can perform legally sanctioned marriages in Alberta.

At its meeting last December, the congregation voted to affirm Mary Anna Louise Kovar to a two-year term and reaffirmed Bev Webber for another two years.

The Lay Chaplain committee serves not only the congregation, but also the wider community. The lay chaplains are not just available for weddings and funerals. They are trained for many rites of passage, such as pet loss, pregnancy loss, adoption, house blessings, coming of age and many more.

We look forward to meeting you on February 11 at coffee hour.

Sharing Our Faith - Our 4-Others Recipient on February 18th

Each year, our national organization, the Canadian Unitarian Council (CUC), encourages all congregations to hold a Sharing Our Faith service during which a special collection is done.

The CUC administers this Sharing our Faith collection and gives directly back in the form of grants to congregations applying for projects they may otherwise not afford to undertake. These projects enhance ministry, growth and/or outreach for that congregation and for the Unitarian and Universalist movement.

Since 2001, Sharing Our Faith has awarded over \$145,000 to congregations. Our Calgary congregation has received \$13,000 of this, including \$3500 that we received last May for our Visual Identity Project. We have been very fortunate!

Please give generously to the 4-Others Sharing our Faith collection February 18th, or donate at www.cuc.ca and specify Sharing Our Faith. Thank you.

Jane Ebbern
CUC Board Trustee

February's 4-Others

February's donations will be shared among three recipients:

USC Canada promotes vibrant family farms, strong rural communities and healthy ecosystems around the world, by focusing on activities that build food and livelihood security for small-scale farmers and preserve the agricultural biodiversity needed to feed a growing and changing planet (February 4 and 11).

The Canadian Unitarian Council's Sharing Our Faith program provides funds for congregational initiatives which enhance ministry, aid projects and outreach for the congregation, and enhance the **Unitarian** Universalist movement in **Canada** (February 18).

The Canadian Unitarian Council's Theological Education Fund bursaries assist Canadian Unitarians with expenses incurred annually while studying for the Ministry (February 25).



Pub Night Update! Thank you for your input on choosing our new pub location! We have a fantastic new location for our monthly pub night and we would love to see you there. Come out for fascinating conversations over a great menu including gluten free and vegetarian options. Pub Nights are on the first Wednesday of every month.

Join us for Pub Night at our brand new location: The Kensington Pub!

When: February 7th 7:00pm-9:30pm

Where: Kensington Pub- [207 10a St NW](http://20710a.com) www.kensingtonpub.com

Pub Nights are the first Wednesday of every month.

Congratulations to February's Volunteer of the Month: John Collins!



The Board of Trustees is pleased to announce John Collins as February's Volunteer of the Month. A member of Calgary Unitarians for more than 30 years, John has volunteered in many roles during that time. He has served on the stewardship committee, the nominating committee, and as a trustee for the endowment trust fund. He currently serves on the finance committee, where he helps set policy and acts as a receiver every third month, entering data into the accounting system, generating reports, and depositing the money in the bank. He was also treasurer for the recent Western Region Fall Gathering that Calgary hosted, a significant role which involved keeping track of revenues and expenses, paying bills, liaising with the CUC, sorting out the amount of money due to Calgary Unitarians, and more.

Duff Bond, who served alongside John on the stewardship committee, says: "He is very thorough, conscientious, organized and on top of all that, a pleasure to work with. He has a very positive approach and was always encouraging to the team members when he led the Stewardship team. More recently, he has also been willing to help out with calling to follow up with congregants for late pledges. He is always willing to pitch in, even sometimes when he has been called out of town to look after family members".

Thank you, John, for all you do. We're glad to have you with us!

Volunteer Sign Up Made Easy!

Thanks to everyone who has signed up to volunteer on Sunday mornings with coffee, welcoming, setting up, or ushering. If you haven't had the opportunity to volunteer, or wish to do more, please visit our volunteer sign up page online. We're using SignUp.com. Here's how it works in 3 easy steps:

- 1) Click on one of the links below to see our SignUp.
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com.

Coffee Prep or Cleanup: There are two separate signups - <http://signup.com/go/ngfHRvc>

Ushers - <http://signup.com/go/LLfnBit>

Greeters - <http://signup.com/go/tDxnMEG>

Service Setup - <http://signup.com/go/xAYQCXZ>

We'll be happy and excited to see your name beside a job for any of the Sundays this year!

~ Eric, Leslie, Donna, and Brandis.

An Update on the Young Adult Welcoming Project

While the formal aspect of The Young Adult Welcoming Project has wrapped up, efforts to attract and engage young adults are still underway. Here's some of what's happened so far:

- 15 young adults attended a dinner hosted by Debra in the fall. The group has since formed an email list and is getting together occasionally for game nights.
- Efforts are underway on the social media and Internet front to create an attractive online presence that can be viewed on multiple platforms.
- Our rebranding project has given us a colorful new logo and a new name to make us more visible and less "churchy".

We are anticipating a final report soon from Rev. Carly Gaylor that will bring together all the findings and resources from congregations that have participated in the Welcoming Project, which is certain to provide some useful information. But we also want to hear from you. Whether or not you identify as a young adult, what are some ways we can continue to make Calgary Unitarians a welcoming place for them, whether by offering new service formats, making our programs more accessible, or making any other changes? Please contact us at youngadults@unitarianscalgary.org to share your ideas.

~Kenzie Love, Duff Bond, and Barbara Lane, Young Adult Welcoming Project members



Co-Op Gift Cards: Raise Funds for The Church

The church receives: 4% of gift card orders totaling less than \$5000
6% of gift card orders totaling \$5000 - \$9999
9% of gift card orders totaling \$10,000 or more.

We Accept Cheques, Cash and E-Transfer

Place Gift card orders - Sunday, February 4, 2018

Pickup Gift cards - Sunday, February 11, 2018

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

On the first Sunday of the month, bring cash or cheque to church, payable to the Unitarian Church of Calgary. If you have forgotten to bring either, you can ask about making a money e-transfer. Place your order at the table in Wickenden Hall before or after the service. If you are not going to be at church on the first Sunday of the month, you can leave post-dated cheques in the Co-op Card/Fruit Cake Cheques mail slot in the church office.

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.

That's how easy it is! Questions? Contact: Ev Dewar ev.dewar@kogawa.com, Sheila Ward sggward@shaw.ca, Frances Schaink blue.sky@infovisi.com, Alex Russell itfromblighty@gmail.com

How to Reach CU Staff

Minister

Rev. Debra Faulk
debra@unitarianscalgary.org
 403 702-6486

Director of Religious Exploration / Youth Program Coordinator

Sheila MacMaster 403-404-1361
dre@unitarianscalgary.org

Music Director

Jane Perry
music@unitarianscalgary.org

Administrator

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



Calgary Unitarians

**1703 1st Street NW
T2M 4P4**

www.unitarianscalgary.org

Phone: 403-276-2436

Publishing the Quest

The Quest is published 11 times per year by Calgary Unitarians. 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 July.

ENEWS

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

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://tinyurl.com/ybq27pq6> , by contacting the Administrator at 403-276-2436 or
office@unitarianscalgary.org

Lay Chaplains: Mary-Anna Louise Kovar 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 Calgary Unitarians 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