

The Quest



April 2018 Services: Transformation / Change

April 1 -Paradox

Easter and April Fool's Day on the same day – hmmm.

Presenter: Rev Debra Faulk

Music: Music Director Jane Perry and The Ukuleteers

April 8 - Responsive to Change

It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change. - Charles Darwin

He was a catalytic thinker who transformed forever the relationships between people and other living things, between people and their concept of God. His contribution has shaped our liberal religious tradition in deep ways. What insights might be offered about responding to change.

Presenter: Rev Debra Faulk

Service Leader: Hendrik Schaink

Music: Music Director Jane Perry

April 15 - Dealing with Difficult and Impossible People

Drawing on insights from Massey Lecturer Jennifer Wells, Bernie Sanders, and The Rev Clarence Jordan of Koinonia Community.

Presenter: Rev Fred Cappuccino

Service Leader: Rev Debra Faulk

Music: Music Director Jane Perry and UUphonia

April 22 - In Process

Change and transformation are processes – this service is still in the process of being confirmed.

Presenter: Rev Debra Faulk

Service Leader: Mary-Anna Louise Kovar

Music:

April 29 - Transform from Within

Roman Catholic Women priests are at the forefront of a model of service that offers Catholics a renewed priestly ministry in vibrant grassroots communities where all are equal and all are welcome. This morning we have the two ordained Woman priest of Calgary offering reflections.

Presenters: Rev Monica Kilburn-Smith & Rev Ruth Roth

Service Leader: Rev Debra Faulk

Music: Chor Vida and Music Director Jane Perry

~This is a Service Topic purchased by Hazel Corcoran at last year's Service Auction.

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Debra's Deliberations



Transformation and change is such a fulsome theme for the month, so I am going to change up my deliberations this month, try a different format, more informative than reflective, and welcome your feedback.

Transformation in our community – we recognize and adapt to changing times we notice things like shifts in volunteerism, different ways of organizing and giving, alternative modes for getting information, along with our understanding of this faith and community as dynamic. I have been doing a lot of research so that we can engage this with an attitude of possibility and hopeful transformation rather than a sense of doom or grief for how it was. I want to be very clear that all faith communities, across all denominations are facing these issues. The choice of how we respond and adapt is up to us.

Committees used to be the mainstay of congregational activity fewer people are wanting to 'talk about' and instead wish to 'do'. In response to this, the committee structure is shifting increasingly to Task teams. Some of this is happening intentionally and some by consequence of fewer people engaged. Worth mentioning is that when the stewardship team was writing their amazing personal letters to individuals they noted that every single person had volunteered in some way in the previous year – everyone!

I appreciate how Jane put it in speaking about the *re-configuring of the Music Committee to the current configuration of the Concert Production Team (with a team captain) whose members operate as a collective, share tasks, and have space to work independently with occasional team check-ins. It seems to be a productive model for this group of volunteers.* This model supports greater involvement by having team members engage other congregational members in specific, time-limited tasks which is increasingly how people are choosing to volunteer.

One committee in this process of Transformation is Church Services – the implementation of SWEET (Sunday Welcome Enhance & Engage Team - a trial process of engaging members in the many tasks of Sunday morning by geographical area that has morphed into a primarily on-line sign-up) and the Ministry Team (4-6 people who work with me to explore the possibilities of our collective worship experience and craft the Sunday services), much of the previous mandate of the Church Services committee has become redundant. Now a core team of 2-3 people will meet 3 or 4 times a year to address fiduciary issues related to Church Services. What we do need to coordinate is a Summer Services Task Force. If you have interest in the Ministry Team or the Summer Service Task Force, please speak directly to me.

By the Way... Ever wonder what I get up to out in the community? Here's some of what I do:

Canadian Unitarian Council (CUC) I will complete my term as Minister Observer to the Board (MOB) and UUMOC (UU Ministers of Canada) Exec in May

Attended Flourishing Congregation workshop at Wild Rose United

Calgary Interfaith Council (serve on the leadership team) UNIFHW (Interfaith Harmony Week) – I hosted a Blanket Exercise at Grey Eagle Resort & was Master of Ceremonies at the closing dinner

MACG I serve on the board of Metro Alliance for the Common Good here in Calgary and Chair the IAFC the Canadian collaboration of Calgary,

Edmonton, Vancouver, Victoria. We host the MACG Reconciliation Research Action Team here monthly

Interfaith Work I met with the new Roman Catholic Bishop William McGrattan, and had dinner with Ahmadiyyan Muslims where the topic was possible Interfaith Dinners to facilitate getting to know each other

Indigenous Relations I attended Šxw?amət (Home) an interactive play about reconciliation. I was invited and attended a Tea Dance Ceremony, which was one of the 'outlawed' ceremonies, for the Indigenous Gathering Place. Piikani Elder Reg Crowshoe shared that the ceremony is held when an announcement of significance needs to be made to the community and the community's support is needed.



Kudos to Liz Blackstock for visiting the sick, arranging food deliveries and coordinating home visits to the sick and shut ins.

The Co-op card coordinators, Ev Dewar, Sheila Ward and Alex Russel, who are there every month collecting money and distributing cards. Thank you.

Rebekah Mobely Kasner and her excellent crew of Juniors for an excellent Souper Sunday: Nick Marr, Ben & Ruby Gaudet, Faith Connor, Sarah Cooper, Libby Kasner, Miette Kolodychuck, Maddie Dunn, and Eliza Russel. Huge thanks to them for stepping up to the plate.

We are all curious to find out who the 11 pairs of Secret Buddies are. Kudos to the participants.

We have had reports of people shoveling snow and chipping away ice. Eric Leavitt, Conrad Ayasse and Doug Eng have been spotted.

Kathryn Burwash, Mary Anna Louis Kovar, Lynn Nugent, and Hendrick Schaink must be thanked for the wonderful work they regularly do during the Sunday services. There is an enormous amount of behind the scenes work involved here. Thank you so much.

Finally, we must thank the Stewardship Committee: Duff Bond, Brandis Purcell, Anita Blackstaffe, Paula McMaster and Mich Michell, plus the canvassers Margaret McCrae, Conrad Ayasse, Carl Svoda, Randie Lind, Dorothy Lloyd, Joan Riches, and Mary Anna Louise for this very important work.

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.

April 7, 2018 - Reclaiming the Commons with Rev Bill Phipps and Rev Ted Reeves

Here's an opportunity to spend a pleasant and provocative Saturday in a day-long workshop about consumerism and turning towards simplicity. We all share common rights to the soil, water, and air. Yet these rights are being commodified by hyper-consumerism. Most Indigenous cultures recognize that sharing is key to everybody's survival. The workshop features food to share and food for thought about how the term "the common good" has new meaning in the 21st century.

Pub Night! April 4th from 7:00pm-9:30pm

Kensington Pub- 207 10A St. NW
www.kensingtonpub.com

Come out for a night of great conversation at one of Calgary's most treasured pubs with a great menu, including gluten free and vegetarian options!

Pub nights are held on the first Wednesday of every month. Hope to see YOU there!

Earth Day Tower Climb for Wilderness

Calgary Unitarians have a long history of support for the Alberta Wilderness Association's annual Earth Day fundraiser. Hundreds of intrepid climbers will tackle the Bow Tower's 1,204 stairs to the top, and keeners will climb multiple times.

There are displays for learning about Alberta's wilderness, wildlife, and wild waters. Children's activities and opportunities to learn about wildlife are an important part of the day: Saturday, April 21.

Camila Romero Diaz was our youngest climber last year at age 5. OJ Zawalsky made it to the top at age 80. Doug Engh was CU's top fundraiser, third highest of all Bow climbers. You can join the fun this year – or at least support climbers who are fundraising.

<http://www.climbforwilderness.ca/climb-run/> is the place to register to either climb and/or donate. Our Green Sanctuary and Social Justice Committees will be at a table providing encouragement after church on April 8 and 15.



Historical Highlight ~ A Year of Anniversaries

Diet of Torda ~ Unitarianism's Denominational Beginnings

This year we are invited back in history to 1568 in Eastern Europe. The sixteenth century was a laboratory for religious reformation in Europe and saw the emergence of protestant traditions: Lutheran, Anglican, Baptist and Reformed variations of Christianity. But our Unitarian & Universalist traditions find closer affinity to Radical Reformers who were unsatisfied with these reforms and pressed for further adaptation.

In Transylvania, they found traction. The reigning monarch, Zsigmond Janos (John Sigismund) took interest in religious reform, and supported a series of theological debates during the 1560s. His court physician, Giorgio Biandrata (George Biandrata) was also a supporter of radical religious reform and familiar with the anti-trinitarian writings of Servetus and Italian theologians earlier in the century. With Biandrata's influence, the King welcomed another radical reformer, Dávid Ferenc (Francis David), to be his court preacher. David was martyred for his steadfast commitment to the work of reformation.

After a decade of theological debate and the Unitarian influence of Dávid and Biandrata, King John Sigismund's Diet of Torda concluded its theological explorations on January 13, 1568, issuing a Statement of Religious Tolerance which ends with this now famous paragraph:

"In every place the preachers shall preach and explain the Gospel each according to his (sic) understanding of it, and if the congregation like it, well. If not, no one shall compel them for their souls would not be satisfied, but they shall be permitted to keep a preacher whose teaching they approve...no one shall be reviled for his (sic) religion by anyone... and it is not permitted that anyone should threaten anyone else by imprisonment... For faith is the gift of God..."

Much in that the Edict points to what our religious tradition continues to rely upon: the grounding commitment that faith is not endowed with purpose or accountable to a government or an empire, but to the Sacred, the Holy; that a free pulpit and a free pew are necessities for free religious communities; even the stirrings of our commitment to resist authoritarianism as a religious practice is signaled in the Edict.

The Edict of Torda is a significant historical source of power and inspiration, it was a step, an important step, on a pathway of reform and towards greater freedom that continues today. It was radical in its time. Our international partners in Transylvania, Hungary, and around the world understand the Edict as their moment of establishment, and a basic part of their spiritual DNA.¹

¹Edited from www.uua.org/international/torda450/history-context-and-further-reading

Green Club Report and Invitation

Green Club members – CUs who registered Green Resolutions for the New Year with the Green Sanctuary Committee – gathered on March 4 to share reports on our successes and challenges so far. Two sent reports from China and Nova Scotia. Popular resolutions focused on ways to reduce car use and various approaches to waste reduction by reusing, recycling and composting. One was about consuming less meat. Three involved researching effects and mitigation of climate change and acting on findings.

These were three-month resolutions, so the Green Club will meet again on April 15 in Panabaker after the service for final reports on the resolutions and some discussion about encouraging broader congregational attention to climate change issues. RSVP to susan@prairiesky.ca if you'd like to join the discussion.



Young Adult Events

Karaoke Night for Young Adults

Has a new date. It will now be held on April 6th at 8:30pm at Juliette's Castle- 440 16th Ave NE

Get your vocal chords ready for a night of singing and fun- and if you are not into singing, come and cheer for those who are! This will also be a great opportunity to get to know the young adults in your community!

**WHAT
HAPPENS
AT
KARAOKE
STAYS
AT
KARAOKE**



Young Adults Board Games Day!

April 21st from 2:00pm-6:00pm Calgary Unitarians 1703 1st NW

There is no better way to bond with your fellow young adults then with a day of chatting, laughing, snacking and games!! We will give you all of this and more- so please join us and feel free to bring a favorite game and snack to share. Young Adults Board Games Days are held the 3rd Saturday of every month/ same time and location.

April's 4-Others: PALS (Pet Access League Society)

This month's recipient was chosen by the CYRE children, with perhaps an ulterior motive: Sunday, April 29th in Room 1, PALS volunteers are coming out with dogs and a guinea pig to visit. This will be an all ages class with all children and youth welcome (and adults too!).

What is PALS? PALS is a non-profit, registered, charitable organization located in Calgary, Alberta, dedicated to enhancing the quality of life of individuals through pet therapy. The recipients of our Pet Therapy Program are primarily persons whose response to other forms of therapy is non-existent, or to whom pet therapy would provide an alternative to other more common forms of therapy.

What is Pet Therapy? Pet therapy, sometime also referred to as animal-assisted therapy, helps improve patients mental, physical, social, and emotional functioning with the aid of animals. Depending on the preference and volunteer availability, different animals can be used in therapy, including dogs, cats, guinea pigs, and rabbits.

PALS visits take place in a variety of settings, including, hospitals, nursing homes, long and short-term care facilities, schools, libraries, young offender centers, homeless shelters, and mental health facilities.

Who PALS helps: PALS clients are 75% senior citizens, 5% adults, and 20% children and teenagers.



For more information visit: <http://www.palspets.com/>



♪ UpBeat News with Jane Perry ♪

Jazz With Jane! Saturday, April 28 at 7:30pm in Panabaker Hall. Music Director Jane Perry brings her quartet Jazz On The Side for an evening of swinging tunes, beautiful ballads, and sultry Latin jazz. The band includes Michelle Dias (vocals), Cora Castle (bass), and Sarah Nielsen (drums), with Jane Perry at the piano. With special guest chanteuse and musical comedian Chickee Starr. Cash bar and refreshment stand. It's a great night out for you and your friends! Tickets will be available at Sunday coffee hour beginning on April 8. To inquire about purchasing tickets online, please send an e-mail to uccmusictickets@gmail.com.



Celebrating our Celtic Cabaret!

Thanks to the singers, the band, the technical crew, the volunteer corps and the audience members who helped to make Cabaret 2018 one of our most enjoyable ever!



And out in the community... One Voice Chorus presents "Out Loud!" Saturday, April 14 at 7:30pm at St. Stephen's Anglican Church (1121 14 Avenue SW.) Calgary's mixed-voice choir for LGBTQ2+ singers and allies sings a concert about love, community, personal strength and group determination. Special guest: the incandescent Calgary spoken-word artist Sheri-D Wilson. The concert will include a spotlight on Skipping Stone Foundation, a Calgary organization that provides support to transgender and gender-queer youth and young adults. The cherry on top will be the world premiere of "Love Unlocks", an epic new work commissioned by OVC from Sheri-D Wilson and Toronto composer Edward Connell. Advance tickets are available from Jane Perry or online through www.brownpapertickets.com : \$25 regular, \$20 senior/student, free for children age 12 and under.

The 2018 Unison Festival needs volunteers! The 2018 Unison Festival for Canadian LGBTQ2+ choirs will be taking place at the Bella Concert Hall of Mount Royal University from May 18 to 21, 2018, and we are looking for cheerful volunteers to help us! One Voice Chorus and the BarberEllas are two of the host choirs. Our own Jane Perry is a Co-Artistic Director of this national festival, with Jean-Louis Bleau. Many hands make light work! To join the enthusiastic team of Unison Festival volunteers please contact Jamie Davison at volunteer@unisonfestivalunisson.ca or (587) 436-8894. The 2018 Unison Festival greatly appreciates your help!



Religious Exploration Program

Secret Buddies & Mad Hatter Tea Party

In February and March, we had 22 participants for our Secret Buddies program. We matched an adult from the congregation with a child or youth in our CYRE program. To keep their identities secret, each were given Famous Unitarian Universalist code names. Every week they exchanged letters, asked questions and tried to guess the other's identity. On the fifth week we had a Mad Hatter Tea Party and revealed our matches. With parents and siblings, we had 37 tea party attendees. Thank you to everyone one who participated and had a "tea-rrific" time!



Mystery Congregational Buddy – February 4th to March 18th



For five Sundays in a row we gave clues about a mystery person in our congregation. The first person to correctly guess the name of our "Mystery Congregational Buddy" by text or email would win. The winner's prize: choosing a song for Sunday Service, to be performed by our Director of Religious Education, Sheila MacMaster.

There were nine clues in total and the race was close! On the final day, March 18th we had three correct answers sent in only minutes apart.

With a time of 10:45am – the WINNER is Brandis Purcell!

CLUES

1. At age 10, desperately wanted to be a professional boxer.
2. Wonders why more people don't eat pizza for breakfast.
3. First pet was a gerbil.
4. Definitely an introvert.
5. Believes that silly is just as important as serious in a balanced life.
6. Believes that intuition is vastly underrated.
7. Has family out east.
8. Loves to watch lightbulbs come on over people's heads when they learn new things.
9. Spends a lot of time drinking coffee and wondering how to convince more people of the magic of singing in a choir.

We hope everyone learned something new about our amazing Music Director, Jane Perry (the Mystery Congregational Buddy).



What Does It Mean To Be A Community of Transformation?

Let mystery have its place in you; do not be always turning up your whole soil with the plowshare of self-examination, but leave a little fallow corner in your heart ready for any seed the winds may bring, and reserve a nook of shadow for the passing bird; keep a place in your heart for the unexpected guests, an altar for an unknown God.

-Henri-Frederic Ariel

Make a bit of room. Leave a little space. That may not sound like anything radical or revolutionary. It turns out to be one of Life's favorite ways to make us into something new.

Be cautious with those cultural messages about aggressively tilling and turning up your whole soil. Watch out for all the heroic talk about striving and perfecting, struggle and control. Much of the time, transformation is a much subtler art. It's about stillness, listening, waiting and attention.

In short, when it comes to transformation, one of the messages of spirituality is "Be careful with what you've been taught and told because much of it can takes us in exactly the wrong direction." Our challenge as a community of transformation is to remind each other to take a different tack. More often than not, it's about breathing rather than becoming better; patience not perfection; depth not dominance; attention not improvement.

That part about attention instead of improvement is especially important. It's so easy to get transformation mixed up with fixing. And fixing is transformation's biggest foe. Trying to purify or prove ourselves is the surest way to stay stuck. The pursuit of purity focuses us on our inadequacy and inferiority, causing us to overlook those unexpected guests that Henri-Frederic speaks of.

And, friends, we don't want to miss those unexpected guests! Those seeds brought by the wind and those passing birds are the partners that make transformation possible. They help us notice new paths. They invite us to walk with a new step. They awaken in us new songs. They remind us that transformation is not something we do alone. They assure us that transformation doesn't have to be a long and lonely struggle, but instead can be more like learning a new dance with a new friend. All we have to do is trust, take the hand of that "unknown God", of unknown possibility, and follow its lead.

So, friends, this month, leave some room on that dance floor of yours. Keep your eyes peeled. And when that unexpected guest reaches out its hand, reach back.

This resource packet uses Soul Matter materials, Truth Healing Reconciliation Resource Guides, contributions from individuals and is edited by Rev Debra Faulk

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Our Spiritual Exercises

Option A: A Transformative Yes

Ok, let's admit it: we say "no" more often than we can count-or than we are aware of. It's often our default mode. We are so good at coming up with reasons to say no. Not enough time. Too risky. One has to pick and choose. We don't deserve it. Delayed gratification. Distrust. I know better. I want to be in control. The trouble is that "No!" is a lock on the door, a fence that separates, blinders that tragically narrow our sight. Or to use an Easter metaphor, it's the stone rolled *in front* of our cave.

So this month, let's roll that stone away. Let's take a risk and **SAY "YES," NO MATTER WHAT!**

Patricia Ryan Madson, drama professor and author, captures the possibilities inherent in this daring spiritual discipline. She writes,

"This is going to sound crazy. Say yes to everything. Accept all offers. Go along with the plan. Support someone else's dream. Say: yes"; "right"; "sure"; "I will"; "okay"; "of course"; "YES!" Cultivate all the ways you can imagine to express affirmation. When the answer to all questions is yes, you enter a new world, a world of action, possibility, and adventure... It is undoubtedly an exaggeration to suggest that we can say yes to everything that comes up, but we can all say yes to more than we normally do. Once you become aware that you can, you will see how often we use the technique of blocking in personal relationships simply out of habit. Turning this around can bring positive and unexpected results... Try substituting "yes and" for "yes but" — this will get the ball rolling."

Keep it simple. Your instructions are to try it for 2-3 days and see how it goes. To keep you on task, print out these words on a small card or piece of paper and place it somewhere you will see throughout the day:

"Accept all offers. Go along with the plan. Support someone else's dream. Say: yes"; "right"; "sure"; "I will"; "okay"; "Yes and..." not "Yes but..."

For some inspiration, watch this: **24 Hours of YES Challenge!**

https://www.youtube.com/watch?v=jKQuY_X2WtY

Come to your group ready to share how it was harder than you thought, easier than you thought and lead you down paths that were more challenging and more gifted than you could have imagined!



Option B: Learning Your Way

The connection between transformation and learning is deep. To talk of transformation as learning is to remember that newness is not just about effort but also about insight. It's also a reminder that transformation is an on-going process not a one-and-done kind of thing. As Emily Lillian urges us, "Always be a work in progress!"

To engage us in this connection between transformation and learning, this exercise asks us to notice the ways in which we are already deep into the work of transformative learning. Here are your instructions:

Make time to meditate on the below poem & then write a version of your own. You don't have to be a poet. All you have to do is complete the sentence "I am learning..." 5-10 times.

I am Learning... by Amy Lloyd

i am learning to be brave
i am learning to speak my own language
i am learning what i want to become
i am learning what kind of life i want to live
i am learning to stand in my place without flinching
i am learning to go my own way
i am learning not to help people who don't want help
i am learning to embrace my powerful spirit
i am learning how to build my own bridges
complete with lions to guard against the foot-traffic
i am learning i have value to bring to those waiting to hear my voice
i am learning the intensity of my own burning passions
i am learning to keep digging in the murkiest of my own brokenness
i am learning to accept my imperfections as beautiful
i am learning to think in terms of unlimited possibilities
i am learning i will not always be understood in the way I intended
i am learning to apologize and then move freely forward
i am learning
and learning
and learning
new things
every minute
every day
i am a learning to be a part of the healing of the world
because i am willing to learn to be me



After you've written your own version, put it up somewhere where you will easily see it every day for a week or two. Come to your group ready to share what it was like to identify the learning you are in the midst of and what it was like to be more aware of it each day. Did identifying your learnings leave you proud? Surprised? Aware of something new? Did daily awareness advance your transformation? Change it?

Option C: A Long Hard Look

Author Barbara Kingsolver is a master at celebrating the connection between perception, transformation and healing. She writes,

"In my own worst seasons I've come back from the colorless world of despair by forcing myself to look hard, for a long time, at a single glorious thing: a flame of red geranium outside my bedroom window. And then another: my daughter in a yellow dress. And another: the perfect outline of a full, dark sphere behind the crescent moon. Until I learned to be in love with my life again. Like a stroke victim retraining new parts of the brain to grasp lost skills, I have taught myself joy, over and over again."

This exercise invites you to experience a similar gift of a "single glorious thing" from your own surroundings. Here are your instructions:

1. Take some time to identify a special "single glorious thing" that you have the opportunity to look at every day. Your daughter getting on the bus. The flower cart on your way to work. Your spouse brushing her hair or reading the morning paper. You will know it when you see it.
2. For at least 5 days in a row, use your phone/camera to take a picture of that glorious thing.
3. Before your group, make time to meditate on the collection of photos, either for a full hour of one day or 10 minutes for 3 days in a row. Pay attention to the differences and the similarities. Let the sameness and subtle differences enable you to see something new or appreciate it in a deeper way.
4. Come to your group ready to share what you discovered, and how this transformative looking "taught you joy over again" or "add color" to your world.

For some inspiration, watch this:
Auggie's Photo Album, from Smoke

https://www.youtube.com/watch?v=JGV_h36uZ5E



Option D: Transformation (THRRG*)

From Richard Wagamese's Sacred Embers: One Ojibway's Meditation (Douglas & McIntyre, 2016)

ME: What is the point of prayer and meditation?

OLD WOMAN: To bring you closer to the Great Mystery.

ME: So I can understand it?

OLD WOMAN: No. So you can participate in it.

I grew up spiritually after that.

Spend time considering what you think the point of prayer and meditation is. Consider the responses of the 'Old Woman' and how prayer and/or meditation has supported you participating in the Great Mystery. Spend some time in prayer and/or meditation, opening up to the participating in that Great Mystery. Has prayer and/or meditation assisted in your transformation? Come back to the group with some thoughts about this spiritual exercise.

Option E: Major Life Change (THRRG*)

"My mother's physical death taught me that I didn't come here to master devastating situations, circumstances, changes, losses or even my own feelings. I came here to experience them. I came here for soul lessons and spirit teachings so that I could carry on in this wonderful spiritual journey we are all on, this teaching way, this blessing way. So that, in the end, I can, like my mother has done, return to the beauty that I was when I first arrived here."

Richard Wagamese's Sacred Embers: One Ojibway's Meditation (Douglas & McIntyre, 2016)

Spend some time during this next month reflecting/praying/meditating on a major life change you experienced. From that experience, what spirit teachings did you take away? Come back to the group with some thoughts on how that change impacted your spiritual life.

*THRRG – Truth Healing Reconciliation Resource Guides from the Canadian Unitarian Council



Your Question

As always, don't treat these questions like "homework" or a list that needs to be covered in its entirety. Instead, simply pick the one question that speaks to you most and let it lead you where you need to go. The goal is to figure out what being a part of a community of transformation means for you and your daily living. So, which question is calling to you? Which one contains "your work"?

1. Do you know what Life is inviting you to become? What's happened to your vision of what transformation looks like?
2. What were you taught in childhood about your ability to change yourself and/or the world? Are those lessons ones you need to remember or reject?
3. Is delayed gratification delaying your transformation? Is the belief "I don't deserve it" standing in your way?
4. Are you really longing to be transformed or could it be that your heart just wants to be understood?
5. Are you sure your transformation lies in following the light? Or might Life instead be calling you to befriend the dark? Is your challenge imagining what is possible or being honest about the past? Believing in your potential or accepting your shadow? (*"One does not become enlightened by imagining figures of light, but by making the darkness conscious."* - Carl Jung)
6. Who said this was going to be easy? Who said transformation wouldn't hurt?
7. Who needs you to quietly "sit with them among the shards and gently turn their face toward the light"? (Jan Richardson)
8. What life event transformed your life?
9. What kind of thank yous do you need to say to your old life so you can walk into your new one?
10. Is your armor in your way?
11. Is it possible that your stone's already been rolled away and you've not noticed?
12. What is today – *this* day- asking you to become?
13. What if we are the "last generation that can do something about it?" (*"We are the first generation to feel the sting of climate change, and we are the last generation that can do something about it."* - Jay Inslee, Governor of Washington)
14. 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 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 Transformation*.

Transformation

Trans – latin prefix, meaning across or through

Form – v. bring together separate parts or combine to create

Tion – latin suffix, the action of the verb

Literally: The act of bringing separate parts across or through. -Word Roots

Wise Words

Always be a work in progress - *Emily Lillian*

All changes, even the most longed for, have their melancholy, for what we leave behind us is a part of ourselves; we must die to one life before we can enter into another.

- *Anatole France*

Spiritual transformation is a death as well as a birth. The teachers who help us to grow know that it can't happen without this pain. They don't save us from it—in fact, what they do usually intensifies it. - *Rev Amy Zucker Morgenstern*

This is going to sound crazy. Say yes to everything. Accept all offers. Go along with the plan. Support someone else's dream. Say: yes"; "right"; "sure"; "I will"; "okay"; "of course"; "YES!" Cultivate all the ways you can imagine to express affirmation. When the answer to all questions is yes, you enter a new world, a world of action, possibility, and adventure... It is undoubtedly an exaggeration to suggest that we can say yes to everything that comes up, but we can all say yes to more than we normally do. Once you become aware that you can, you will see how often we use the technique of blocking in personal relationships simply out of habit. Turning this around can bring positive and unexpected results [and transformation]... Try substituting "yes and" for "yes but" — this will get the ball rolling. - *Patricia Ryan Madson*

Yearning for a new way will not produce it.^[1] Only ending the old way can do that.

- *Richard Rohr*

We are not meant to stay wounded. We are supposed to move through our tragedies and challenges and to help each other move through the many painful episodes of our lives. By remaining stuck in the power of our wounds, we block our own transformation. We overlook the greater gifts inherent in our wounds — the strength to overcome them and the lessons that we are meant to receive through them. Wounds are the means through which we enter the hearts of other people. They are meant to teach us to become compassionate and wise.

- *Caroline Myss*

You cannot go on indefinitely being just an ordinary, decent egg. We must be hatched or go bad. - *C.S. Lewis*

The land must rest for seventy years to make up for the years when the people refused to observe the Sabbath. - *2 Chronicles 36:21*

In my own worst seasons I've come back from the colorless world of despair by forcing myself to look hard, for a long time, at a single glorious thing: a flame of red geranium outside my bedroom window. And then another: my daughter in a yellow dress. And another: the perfect outline of a full, dark sphere behind the crescent moon. Until I learned to be in love with my life again. Like a stroke victim retraining new parts of the brain to grasp lost skills, I have taught myself joy, over and over again.

- *Barbara Kingsolver*

Nature does not ask permission. Neither do you have to. Blossom and birth whenever you feel like it.

- *Clarissa Pinkola Estés*



Nothing remains as it was. If you know this, you can begin again, with pure joy in the uprooting.

- *Judith Minty*

Prayer does not change God; it changes the one who offers it. - *Kierkegaard*

If you see what needs to be repaired and how to repair it, then you have found a piece of the world that God has left for you to complete. But if you only see what is wrong and what is ugly in the world, then it is you yourself that needs repair. - *Rabbi Menachem Mendel Schneersohn*

The trouble with steeling yourself against the harshness of reality is that the same steel that secures your life against being destroyed secures your life also against being opened up and transformed by the holy power that life itself comes from. You can survive on your own. You can grow strong on your own. You can even prevail on your own. But you cannot become human on your own. Surely that is why, in Jesus' sad joke, the rich man has as hard a time getting into Paradise as that camel through the needle's eye. Because with his credit card in his pocket, the rich man is so effective at getting for himself everything he needs; he does not see that what he needs more than anything else in the world can be had only as a gift. He does not see that the one thing a clenched fist cannot do is accept, even from le bon Dieu himself, a helping hand.

- *Frederick Buechner*

It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change. - *Charles Darwin*

One does not become enlightened by imagining figures of light, but by making the darkness conscious. - *Carl Jung*

Nature often holds up a mirror so we can see more clearly the ongoing processes of growth, renewal, and transformation in our lives.

- *Anonymous*

Not everything that is faced can be changed. But nothing can be changed until it is faced.

- *James Baldwin*

All that you touch
you change.

All that you change
changes you.

The only lasting truth
is change.

God is change. - *Octavia E. Butler*

We have work to do. We can try on masks, we can hide behind masks, but I am asking you to look under the mask. Who is at the core? What [is waiting] to be transformed?

- *Soul Matters Member, Linnea Nelson*

Personal transformation can and does have global effects. As we go, so goes the world, for the world is us. The revolution that will save the world is ultimately a personal one.

- *Marianne Williamson*

But now that so much is changing, isn't it time for us to change? Couldn't we try to gradually develop and slowly take upon ourselves, little by little, our part in the great task of love?

- *Rainer Maria Rilke*

Oh my God, what if you wake up some day and you never got your memoir or novel written; or you didn't go swimming in warm pools and oceans all those years because your thighs were jiggly and you had a nice big comfortable tummy; or you were just so strung out on perfectionism and people-pleasing that you forgot to have a big juicy creative life, of imagination and radical silliness and staring off into space like when you were a kid? It's going to break your heart. Don't let this happen. Repent just means to change direction — and NOT to be said by someone who is wagging their forefinger at you. Repentance is a blessing. Pick a new direction and aim for that. Shoot the moon. - *Annie Lamott*

Hold nothing back, learn to find ease in risk;
Soon you will be home in a new rhythm,
For your soul senses the world that awaits you.
- *John Donohue*



Articles

Eleven News Sites to Help Us Save and Transform the Earth <http://tinyurl.com/y9efvjeh>

Podcasts and Talks

The Body's Grace – On Being Podcast

A moving take on transformation through the mind-body connection with author, yoga teacher and paraplegic, Matthew Sanford.

Text: <http://tinyurl.com/yct3bkrh>

Video: <https://vimeo.com/330002>

The Losses and Laughter We Grow Into

by Kevin Kling

A treasured figure on the national storytelling circuit, Kevin Kling's voice inhabits an unusual space — where a homegrown Minnesota wit meets Dante and Shakespeare. Born with a disabled left arm, he lost the use of his right one after a motorcycle accident nearly killed him. He shares his special angle on how life's humor and its ruptures can be transformed as we turn our losses into story. <http://tinyurl.com/ycmmab82>

Online Inspiration

Today I Rise - Short Film

"Where are you? Where are you, little girl with broken wings but full of hope? Where are you, wise women covered in wounds? ...Today is the day I will not sit still and not give in. Today I rise. I am bruised but I will walk again... I transform my anger to power... Today I rise..."

<https://vimeo.com/122762336>

Shake My Future - Dorothea Smartt

A poem to shake our complacency and stir up our commitment to climate justice...

Video: <http://tinyurl.com/ybo8juqy>

Text and Podcast: <http://tinyurl.com/y9bewks5>

The Present - Short Film

A short film celebrating the way we are transformed by the courage of another. By transforming ourselves we transform others. <https://vimeo.com/152985022>

A School Transformed by Replacing Detention with Meditation <http://tinyurl.com/zegpcy5>

The Kind of Transformation that The Church Offers By Brene Brown

I went back to church thinking it would be like an epidural. But faith and church was not like an epidural but like a midwife...who just stood next to me saying push. It is suppose to hurt... People want love to be like unicorns and rainbows. But Jesus says love is hard, trouble and controversial. Love is not easy... I thought faith would say I will take away the pain and discomfort but what it ended up saying is "I'll sit with you in it." And I never thought that would be enough but it's perfect... Love weeps. <http://tinyurl.com/y8hz538s>

Reconsidering the Transformation of The Cross

By Nadia Bolz Weber

The cross is actually about God saying I would rather die than be in the sin accounting business anymore. On the cross, we don't see a legal transaction where Jesus pays our debt; on the cross we actually see God. The cross is God's self revelation. <http://tinyurl.com/y9c7h5x5>

"Transformative justice focuses on the mind, body and soul of the individual as well as their individual and collective past, present and future." Read more about the concept and practice of transformative justice:

<http://vatjss.com/what-is-transformative-justice>

(From the Vancouver Aboriginal Transformative Justice Services Society)

Movies

Notes on Blindness

In 1983, after decades of steady deterioration, writer and theologian John Hull became totally blind. To help him make sense of the upheaval in his life, he began documenting his experiences on audiocassette. The result is a poetic and intimate story of loss, rebirth and transformation. <http://tinyurl.com/hd7o7ww>

Other People

A story of being brought back to life by accepting death.

<https://www.youtube.com/watch?v=8uMM7SH1Hh0>



Songs

Rise Up - Andra Day

You're broken down and tired
 Of living life on a merry-go-round
 And you can't find the fighter
 But I see it in you so we gonna walk it out
 And move mountains
 We gonna walk it out
 And move mountains

<https://www.youtube.com/watch?v=kNku1uNBVku>

The Cave - Mumford & Sons

But I will hold on hope
 And I won't let you choke
 On the noose around your neck
 And I'll find strength in pain
 And I will change my ways
 I'll know my name as it's called again

Video: <http://tinyurl.com/c6evcuw>

Stay Alive - José González

There is a truth and it's on our side
 Dawn is coming, open your eyes.
 Look into the sun as a new days rise...

<http://tinyurl.com/y7arbkok>

From The Water - William Fitzsimmons

The transformation of being pulled from the water!

"I will pull you from water
 Let your lungs return to air
 Take you back unto the shore
 And lead you home"

<https://www.youtube.com/watch?v=MH1r7dV6JEk>

Changes - David Bowie

<https://www.youtube.com/watch?v=1QICoxvPFXI>

Passion Play –William Fitzsimmons

"I just want to be not what I am today
 I just want to be better than my friends might say
 I just want a small part in your passion play
 Do you hear when I call in the midst of wrong?
 Do you hear these here words while I sing you this song?
 Are you caught up in me like I heard you say?
 Or just some big cashier that I'll have to pay..."

<http://tinyurl.com/y7mk9cf2>

A Change Is Gonna Come - Sam Cooke

<https://www.youtube.com/watch?v=wEBlaMOmKV4>

Earth Song - Frank Ticheli

"Through darkness and pain and strife, I'll sing, I'll be, live, see." <http://tinyurl.com/y7se375n>

Books

The Great Spiritual Migration Brian McLaren

"When liberation spirituality frees the poor from the dehumanizing scripts of the oppressed, they can help the rich be liberated from their dehumanizing scripts of oppression."

Global Chorus: 365 Voices on the Future of the Planet

edited by Todd MacLean "Three hundred sixty-five messages for the future of our planet from gurus, politicians, athletes, humanitarians, children and others. Their words will give you hope that we can make the transformations needed to save our environment."

Originals: How Non-Conformists Move the World

by Adam Grant - Grant addresses the challenge of improving [and transforming] the world, from the perspective of becoming original.

Hope For the Flowers by Trina Paulus

Its theme of life, moving through seeming death to a new and more beautiful life, has touched the hearts of millions of people.



Calgary Unitarians Annual General Meeting

The Calgary Unitarians Annual General Meeting will take place May 6, 2018 at noon in Panabaker Hall.
At this meeting, we will vote on the budget and elect a new board. Please plan to attend.

Congratulations to April's Volunteer of the Month: Dorothy (Duff) Bond



April's Volunteer of the Month is Duff Bond. Duff is a wonderful member of our congregation who makes enormous contributions, with a great, kind-hearted attitude. She contributes in myriad ways, and does so in such a quiet way that many members may be quite unaware of all she does.

She has been the cornerstone of the Stewardship Committee for 12 years, and is currently steering it. She is also part of the Membership Committee. She co-organizes the Introduction to Unitarianism classes, welcomes new members, ensures that the welcome packets are stocked, and maintains the list of committees that is kept on the Barker Room door.

Duff is on the Visual Identity team that created our new logos and templates. She often helps with coffee and other hospitality tasks, such as setting up the welcome tea for the Interfaith Harmony Week. She sings with the choir, and always volunteers to help with the receptions after concerts. When not volunteering for the congregation, Duff likes traveling and being with family and friends.

Please join the Board in congratulating Duff when you see her! Duff, thank you for all that you've done, and continue to do, for the congregation. It has not gone unnoticed, and is greatly appreciated!

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/LLfnBjt>

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.



Church Services Ministry Team

Church services are such an integral part of our shared community experience. This team works closely with Rev Debra to understand, explore and support all aspects of church services (Sunday mornings, special services). What is the intention and purpose of our communal time together? How and why do we make our choices of themes, music, structure of a service; why we do things the way we do ... are there different, innovative things we could be doing? This year's team found meeting every few months for ½ day with Debra was the most effective to allow time for deeper conversations, insight and planning. This may be altered depending on the new team for 2018-19. Some of the team are staying and there is room for 2-4 more people. Contact Debra with any questions or expressions of interest.

Summer Services Team

Our summer services are more casual and often are lay led with between 20-50 people attending. We are looking to form a coordinating team for the services July 1st then 15th – August 19th (7 Sundays). A team of 3-4 people could make organizing these service light work and enjoyable. If you have any questions or interest, please talk with, or send a message to Rev Debra

If you have a topic you would like to explore/share, please consider signing up for one of the available weeks - if you know you will be in town and can offer to assist on a given Sunday - summerservices@calgaryunitarians.ca

Co-Op Gift Cards: Raise Funds for Calgary Unitarians



***We Accept Cheques, Cash and E-
Please Note: Dates Change***

***Transfer
for APRIL ONLY***

Place Gift card orders - Sunday, April 8 , 2018

Pickup Gift cards - Sunday, April 15, 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 Calgary Unitarians. 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 Our Staff

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9am to Noon
Office closed Thursdays



Grow in Wisdom
Deepen Relationships
Act for Justice

Calgary Unitarians

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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 facility 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 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