

The Quest



May 2018 Services: Embodiment

Inside This Issue

Debra's Deliberations	2
Kudos!	3
🎵 Upbeat News	6
CYRE News	7
Reflections	9
May 2018 Volunteer of the Month	20

May 6th An Embodied Faith

Participating in this community is both simple and challenging. It is simple because we have no set creed, rather we maintain an open door to those who share our values. It is challenging because of the personal commitment to be a part of a religious community that is searching for truth, struggling for justice, attempting to live in love and a faith that requires embodying our ethical values every day.

Service Facilitators: Rev Debra Faulk, Lynn Nugent & Mary Anna Louise Kovar
Music: Music Director Jane Perry with UUphonia

May 13th Walk with Me

Musician Oliver Schroer walked the Camino de Santiago pilgrim's way and recorded as he went. That music was the inspiration for Bernie Amell's choice when he won the opportunity to pick the service topic. Jane Ebborn has walked the Camino twice. This morning combines experience of the Camino with Schroer's amazing and unique music.

Service Facilitators: Rev Debra Faulk, Bernie Amell and Jane Ebborn
Music: Music Director Jane Perry

May 20th Colours of Peace Concert

This morning will be a very different service, a concert by HYMN. HYMN is a group of Calgary-based musicians of diverse backgrounds who combine the musical traditions of the Middle East with influences of jazz, klezmer and western pop music. The group features the sound of the traditional Iranian Santur and the Arabic Oud, combined with electric bass, guitar, saxophone/clarinet and percussion and vocals.

Presenter: Frank Rackow
Service Leader: Penney Kome
Music: HYMN

May 27th Sing for Joy!

Calgary Unitarians' choirs and instrumentalists join musical forces for an uplifting all-music service. Bring your best singing voice --- there will be lots of opportunities for you to join in!

Service presenter: Music Director Jane Perry and friends
Service Leader: Rev Debra Faulk
Music: UCC Merry Music Makers



Debra's Deliberations



This month's theme is Embodiment. I have been reflecting on how I embody our faith every day and what a challenge it can be to do so. I had a wonderful opportunity to attend the Choral Workshop in Edmonton with Jason Shelton who composes so much music that embodies our principles and values, our commitment and covenant to be in the world. One comment he made has caused a lot of reflection for me and will be the source of one or more services in the future. While we often can name our Purposes, he invited us to look at the table of contents of the two commonly used hymnals and how they are arranged: by the Sources. He then asked what word is in common in all the Sources? The word is "which"; why is that significant? If this makes you curious talk to me or one of the 15 other choristers who attended.

This month the Committee on Shared Ministry will be inviting you to contribute to my annual evaluation. This will be in the form of a survey and it would be helpful to hear from as many of you as possible. They are also working on a survey that will happen in the fall to assess the overall ministry of the congregation and our vision for the future (this is an invitation to get your thoughts flowing).

Many have mentioned wanting to do more to engage Truth and Reconciliation Commission's (TRC) 94 Calls to Action and the United Nations Declaration of the Rights of Indigenous Peoples (UNDRIP). This is significant work and begins with each of us individually challenging ourselves to learn, experience, and embrace different understandings. There will be more opportunities in the fall; some present themselves right now. Pam Rickey and I have committed to a number of events and invite others to join.

Walking with Our Sisters (WWOS) ~ is a commemorative art installation to honor the lives of Missing and Murdered Indigenous Women of Canada (MMIW) hosted by Mount Royal University at the Riddell Library and Learning Center from April 29 to May 13. I encourage everyone to attend – see sign-up sheet in Wickenden if you would like to attend with others.

Alex Janvier: Modern Indigenous Master @ the Glenbow June 16-September 9. Sign-up in Wickenden if you'd like to join the group going on Tuesday, June 26.

Indian Horse is a movie based on the novel by Richard Wagamese and is currently in theatres.

Friday May 11th Potluck Dinner & Discussion focused on of people's experience of Indian Horse and/or WWOS.

Common Reads have been suggested and here are a couple of recommendations: *The Inconvenient Indian* (Thomas King); *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teaching of Plants* (Robin Wall Kimmerer)

To offer just a taste, a teaser of Richard Wagamese's writing, these words from his beautiful creation *Embers: One Ojibway's Meditations*:

Knowledge is not wisdom. But wisdom is knowledge in action. I have lived most of my years immersed in the culture of books. I command a lot of facts. I comprehend a lot of concepts. That does not make me wise or even intelligent. It just indicates what I have memorized. But when I activate those facts and concepts to find the greatest, grandest version of myself, and then use them to work toward that vision, I begin the process of wisdom. The most essential question to ask myself is not "What do I think about this?" but rather "How do I feel about this?" In such simplicity is greatness made possible for an individual, a society and a human family. Page 130.

Please contact Debra directly to chat or arrange an appointment:

debra@unitarianscalgary.org or (403) 702-6486



Last month's Cabaret was a smashing success! For that to happen we needed lots of help. I'd like to thank all the non-choir members who were involved:

Marilyn Henessey, Anitra Mamen, Loretta Bulot, Jennifer and Tomas Mulhearn, Sarah Hooper, Teresa Zamonsky, Raymond Giroux, Jamie and Cliff Davison, Yoseph and David Diaz, Frances and Hendrik Shaink, Dick Wilson, Don James, Alex, Eliza and Matilda Russell, Bonnie Evans, Dorothy Lloyd, Carolyn Preston, Maureen Morgan, Liz Graves, Bernie Amell, Ann Kyle, Eric Leavitt, Bob Pond, Bob Wilson, Jim Washbrook, Joan Brown, Martin Birke, Libby Kasner, Teddy Barteau, and Faye Monteith.

We would also like to mention Neil Morton and Conrad Ayasse who always seem to be around when there is work to be done. They often help set up, take down, and clean up. Their efforts are always so appreciated.

This is Fay's final Kudos column for the Quest, and your editor would be remiss not to thank her for her time, diligence, and grace in getting her submission in on time every month. Thank you, Fay; it's been grand working with you!

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.



Death Café

The Death Café is a relaxed and safe place where people can drink tea, eat cake, and discuss death, dying and grief. Learn to embrace life more fully as your awareness of death increases.

This Death Café will be held June 9, 2018 2:00 PM-4:00 PM and will be facilitated by Bev Webber, a Lay Chaplain with the Calgary Unitarians. These cafes are extremely popular, so while there is no charge, advanced registration is required. Please contact Bev Webber with questions or to register at webberbev@gmail.com 403-863-3110.

Pub Night

When: May.2nd from 7:00pm-9:30pm

Where: 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. They have 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.



the
**WOMEN'S
CENTRE**

4 - Others 4 May

May's 4-Others recipient is **The Women's Centre of Calgary**, chosen by the Social Justice Committee. The mission of The Women's Centre: to be every woman's place for support, connections and community. Last year, more than 9000 women connected with the Women's Centre's 16 staff and 700 volunteers. The Women's Centre and its Executive Director Susan Gillies were chosen for Calgary Unitarians' 2017 William Irvine Award for extraordinary work in social and environmental justice.



Historical Highlight ~ A Year of Anniversaries

She Was Ahead of Her Time

By Jim Bowman

Violet "Vi" Kochendoerfer, 1912-2001, was an independent-minded woman. She served in World War II, first with the American Red Cross, then with the U.S. Army. Remaining unmarried, she entered the Unitarian ministry in mid-life, as the first woman graduate of the Starr King School.

The Calgary Church was the second calling of her career. She served during 1964-1967, an exciting and tumultuous time. Her sermons often had the flavor of explaining the younger generation to their middle-aged parents. Many were well-researched and insightful explorations of topics such as LSD, free love, and bohemianism.

In 1966 she began to make public statements and participate in demonstrations against the Vietnam War. This raised the ire of several members of the congregation, and there was a call for a non-confidence vote. While the Board supported her, there was an unsustainable divisiveness within the church. In accordance with the guidelines of the Unitarian Universalist Association, she quietly notified the Board that she was seeking another position. Just before the non-confidence motion came to a vote, she announced her departure. She served several congregations until retiring in 1978 and wrote three books about her life experiences.

(Source: Unitarian Church of Calgary finds, Glenbow Archives, file M-7508-103)



We Need Your Photographs!

The History and Archives Committee is preparing a historical slide show to present at the fall celebration of our various anniversaries this year. We are fortunate to have the volunteer assistance in this endeavor of Grace Burwash, who holds a certificate in Archives and Records Management.

Grace has been poring through our old scrapbooks and records, and notes that we have few photographs from the past 7 years or so. We would appreciate any photographs in digital or hard copy you could lend to us for scanning. Please leave any clearly labeled materials with your name and contact information in the History and Archives mailbox. It would be very helpful if you identify the photograph by name and date of the event, and names of individuals in the photos.

We would also gratefully welcome any other mementoes you may wish to donate.

Contact Loretta at 403-249-5945 biasutti@shaw.ca with any questions about possible submissions or for more information.



Young* Adult Announcements:

Karaoke Night for Young Adults

May 27th starting 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 is 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!

May 19th from 2:00pm-6:00pm at Calgary Unitarians

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

**Rev Debra is on record as saying the definition of "Young Adult" is flexible, so if you're young at heart, why not come by and check out these fun events?*

Adult Religious Explorations Notes

The ARE committee is offering some in-person groups over the next few weeks. Read elsewhere in this month's Quest and watch for upcoming editions of the eNews for details about the Death Café and Turn of the Wheel (morning retreat on June 23rd).

In addition to what's offered locally, here are some intriguing spirituality or social justice resources online: The Charter of Compassion, which Calgary Unitarians have signed, through The Charter of Compassion Education Institute offers many webinars during the year; some are self-study, beginning anytime. One example is *Emotional Intelligence for a Compassionate World*. If you are interested in a specific program and want to join with others, email adultprograms@calgaryunitarian.ca. ARE can advertise the program through eNews, Calgary Unitarians' Facebook page and word-of-mouth and to create a study group.

<https://charterforcompassion.org/charter-for-compassion-education-institute>

Are you looking for a thoughtful book to read this summer? Look through some of the titles at Charter for Compassion's Global Reads:

<https://charterforcompassion.org/charter-for-compassion-global-read>

Or Goodreads, Unitarian Universalist Social and Justice Group:

<https://www.goodreads.com/group/show/173731-justice-and-spirit-unitarian-universalist-book-club>

Perhaps the titles will be intriguing and become a possible online book group for you next winter.



♪ UpBeat News with Jane Perry ♪

This May at Calgary Unitarians...

An all-music Sunday service! On Sunday, May 27 at 10:30am, join Music Director Jane Perry and the choirs and instrumentalists of Calgary Unitarians for a music-filled service called "Sing For Joy!" We sing together for all kinds of reasons: celebration, mourning, reflection, protest, spiritual enrichment, community-making, and more. And every time we sing, regardless of the reason, the act of singing renews our spirits, calms our minds, and fills our hearts --- it's a deeply joyful and life-affirming activity. Bring your singing voice, because there will be lots of singing for everyone in the room!

And Out in the Community...

Calgary Renaissance Singers & Players present "A Tale of Two Cities". Sunday, May 6 at 3:00pm at St. Stephen's Anglican Church (1121 14 Avenue SW.) Following the Calgary Unitarians Annual General Meeting earlier that same afternoon, come and fill your heart with gorgeous Renaissance madrigals and liturgical anthems from Mantua and London, circa 1600. The concert will include music by Monteverdi, Salamone Rossi, Gibbons, and Byrd, along with harpsichord solos from Artistic Director Jane Perry and the premiere performance from Calgary's new viola da gamba ensemble Vox Lyricum. Tickets: www.brownpapertickets.com.

Vocal Latitudes presents "On the Road". Saturday, May 12 at 7:30pm in Panabaker Hall. Our favourite world-music choir sings music of travel and the open road, with guest percussionist Robin Tufts and guest ensemble Quintessential Singers. Conducted by Frank Rackow, with Faye White at the piano. Vocal Latitudes' last two concerts have sold out, so get your tickets soon! www.brownpapertickets.com.

Come and Celebrate a Rainbow of Choral Singing at the 2018 Unison Festival in Calgary!

From Friday May 18 through Monday May 21, the Bella Concert Hall at Mount Royal University will be the concert home to 660 singing delegates from 19 LGBTQ2+ choirs from across the country --- from Victoria to St. John's! And you can be there, too! Festival Co-Artistic Director Jane Perry invites you to support this 20th-anniversary edition of the Unison Festival in any or all the following ways:

***Attend a Concert!** One Voice Chorus, the BarberEllas, and Calgary Men's Chorus will all be performing on the evening of Friday, May 18 at the official Opening Concert. Then, there are concerts all afternoon on Saturday, a Musi-Circus on Saturday night, more concerts on Sunday afternoon, and a final Monday-morning Closing Concert that will feature Spiritus Chamber Choir and the SATB Festival Chorus, complete with a nine-piece Broadway-style band and the whole room up and dancing to "I Will Survive"!

***Come to the Big Unison Dance!** On Sunday May 20 starting at 9:00pm, you can be part of the rainbow dance party in Wyckham House at MRU, complete with a live band and over 600 very happy delegates!

***Volunteer!** Our Festival Volunteer Coordinator Jamie Davison has just the right volunteer job for you. Contact Jamie at volunteer@unisonfestivalunisson.ca to find out more! **Tickets** for concerts and for the dance will soon be available through the 2018 Unison Festival website: www.unisonfestivalunisson.ca





Religious Exploration Program

Spring is in the Air!



In May the children will be planting strawberries in our garden, celebrating Beltane with a maypole dance, and performing a special Mother's Day dance honouring our Mother Earth, led by Ronnie Joy Leah.

Unitarian Mini Climb for Wilderness

These feisty runners ranging in ages from 4 to 10 years old made over 133 laps up and down four flights of stairs from Panabaker to Wickenden, to raise \$167.75 for the Alberta Wilderness Association. All the funds raised go towards preserving habitat and helping animals at risk right here in Alberta.

CYRE Souper Sunday for Camp – A Souper Success!



Thank you to everyone who helped make the children's Souper Sunday awesome, from bringing soup and buns to helping clean up. We had meat chili, a vegan Thai asparagus soup, broccoli soup, chicken and vegetable soup and the infamous stone soup. Thanks to everyone's generosity, all families regardless of financial ability are now able to attend our CYRE Aspen

Crossing Camp in July. Get ready for some fun!

Welcome to Canada!

To welcome the Abdulrazzaq family to Calgary, recently sponsored by our Calgary Unitarian Refugee Committee, the Unitarian Explorers and Elementary children made a book of their favourite places to visit.

Lucy Shumate drew a picture of the Calgary Tower. Matilda Russell the Rocky Mountains. Isabella chose the Glenbow Museum and Evangeline Jordan Nose Hill Park. Morrigan MacMaster-Weir enjoys the Telus Spark Science Center, and Camila Romero always likes visiting the Calgary Zoo.

A big thank you to all the members of our congregation who generously donated coupons for events around Calgary. We were able to include many wonderful coupons for places like the Royal Tyrell Museum, Heritage Park and the Banff Gondola rides.

As a special gift, we also included a coupon for a complimentary campsite for our Unitarian Family Camping in Aspen Crossing in July. The site comes with the loan of a tent and camping gear. We hope they can come out and roast a marshmallow with us!





Introducing Our New Maintenance Support Person: Arno Buruma

We are very excited to be welcoming Arno Buruma as our Maintenance Support Person.

The Maintenance Support Position is a new role that was created to help with various aspects of building repair and maintenance, as a complement and partner to our team of Physical Plant volunteers. As the building has aged, the need for extra maintenance support has increased, leading to this new position.

Arno comes to us with a wealth of maintenance experience, most recently from SAIT, where he worked as a service technician for over nine years. He brings considerable

expertise, as well as an interest in learning about all the eccentricities and challenges of the Calgary Unitarian building. Arno is working in partnership with the Physical Plant team, benefitting from their rich knowledge about the building, and helping where needed. You may also recognize Arno from his involvement in our community. You can often find him helping support his partner, Sheila McMaster, with aspects of the CYRE program.

No doubt you've seen something in need of repair or upgrading, but with only six hours a week available for the Maintenance Support role, there's a need to prioritize jobs. With that in mind, Martha Mantikoski, our Office Administrator, will be receiving job requests and working with Physical Plant and Arno to determine which jobs get done by whom. If you have a job in mind, please submit it to Martha - this makes the coordination of tasks a lot easier, and lets Arno enjoy his Sunday coffee along with everyone else!

In case of a repair or maintenance emergency, please contact Martha during office hours. Outside of office hours (since emergencies don't often set reasonable schedules), please contact Jeff Gruttz or Eric Leavitt. These contact people will determine whether the job is appropriate for our Maintenance Support Person. And if you see Arno, please welcome him in his new role. We are lucky to have him!

Safe and Grateful: Welcome Abdullrazzaq Family

When the Abdullrazzaq family emerged from the Immigration section of YYC March 27, the atmosphere in the airport greeting area was as warm and friendly as a sunny summer day in spite of our weather being less than spring-like. Showing no sign of weariness after their lengthy trip from Turkey, Tareq, Pinar and their boys, Abdulrahman, Yaseen and Ibrahim were given an enthusiastic welcome to Canada and Calgary by more than twenty Unitarians and Friends sporting flags, welcome signs, and cheery smiles.

Thanks to translator Sam Khaldi communication flowed smoothly and freely. Following the requisite photo ops, the family was chauffeured to their new home where members of the refugee committee visited and acquainted parents and children with the provided necessities of life: computer, tv, and a well-stocked pantry!





What Does It Mean To Be A Community of Embodiment?

"I spend most time wondering if I should be somewhere else. Instead, I'm learning to shape the words "thank you" with my first breath each morning. My last breath each night. So when the very last breath comes, at least I will know I was grateful for all the places I was so sure I was not supposed to be." - Sarah Kay, Poet, from The Paradox

We spend so much time in disappointment. We worry we're missing out. We long for something better. Focused on how imperfect or incomplete our current situation is, we hunger for elsewhere.

And if not embodied in disappointment, we at least try our best to live in that place called "on our way." We tell ourselves that the current situation is only temporary; we're better than this and meant for something bigger.

This current embodiment is only a stepping stone.

And, of course, any good psychologist, smart life coach, or savvy talk show host will tell us that, by doing this, we're missing peace. Striving for that "perfect life," we miss the solace of the present moment. It's a good message to pay attention to.

But religion wants to push us a bit harder. It wants us to see how we are out of touch, not only with the present moment, but also gratitude itself. The way back into real embodiment, it says, is not just through the skill of attention but also Sarah Kay's skill of "shaping the words 'thank you' with our first and last breath."

And not just the skill of 'thank you,' but the skill of listening as well. Every religion worth its salt will tell you that the reason to pay attention to the present moment is so that we can better hear what life and our hearts are trying to tell us! Embodied living is not simply about being grateful for the unnoticed gifts in front of us; it's also about noticing that every moment and every context — no matter how imperfect, messed up and incomplete — is trying to talk to us! The reason we are called to sink into and care for our bodies is not just to relieve stress; it's so that our body's voice no longer gets drowned out by all the other noise. The reason we are called to allow nature to embody us is not simply so that we can feel our interconnectedness; it's so that we can allow that interconnectedness to tell us its wisdom. The reason to stop trying so hard to change our current circumstances is not simply to "be here now;" it's so that our current circumstances will finally be able to get a word in edgewise about where *it thinks* we should go!

And friends, if we do this - if we shape our "thank you's" and take listening seriously — then that elusive gift of embodiment will be ours: that sacred sense of being exactly where we are supposed to be!

May this month's work help all of us stumble back to and better embody that wonderful space!

© 2017-18 Soul Matters ALL RIGHTS RESERVED

Packets are for use by member congregations of the Soul Matters Sharing Circle.

Learn how to join at <http://www.soulmatterssharingcircle.com>



Our Spiritual Exercises

Option A:

Right Where You're Supposed to Be?

The packet introduction challenges us to lean into the spiritual practices of gratitude and deep listening. As it highlights, embodiment is not simply “being present”; it is also about engaging life with the sense that “this is right where I am supposed to be.” This exercise is about having that experience. Here are your instructions:

1. **Pick a random day on the May calendar.** Remember embodiment is not so much about setting aside special days to intentionally cultivate meaning as it is about using intention to notice that any and every day has significance. Picking your day at random honors that.
2. **Begin that day by “offering thanks.”** Do it in your own way. Even if you must learn a new way to do it. Like the poet quoted in our introduction, we are all “learning to shape the words “thank you” with our first breath each morning.” Bottom line: find some way to begin the day by telling it and yourself that you are grateful it is about to begin.
3. **Center on the words “This is right where I am supposed to be.”** Before the day gets going, get yourself in the mind frame of this sentence. Meditate on it. Write it down and pin it up by your desk. Say it aloud to yourself throughout the day like a mantra. Do whatever it takes to ensure it shapes your attitude and perspective. Don't hesitate to lean on Sarah Kay's poem as one way of getting into the “right where I am supposed to be” mind frame: <http://tinyurl.com/y8htip3u>
4. **Start listening.** Like our introduction says, the whole point of paying attention is for us to “better hear what life and our hearts are trying to tell us.” Spend the day listening to what life and your heart are trying to tell you, ask you, and invite you to lean into.
5. **End with thank you...and a thank you note.** The poet talks about shaping “thank you” with both our first and last breath. See how that works for you. As a way of saying thank you, write a paragraph or two about why this day of yours was “exactly where you were supposed to be.”

Option B Two Choices ~ Truth Healing & Reconciliation Focus

Embodied Spiritual Practice

Many Indigenous spiritual practices and traditions embody their teachings and values in physical ways. Consider how your family's cultural traditions have practices that embody things about the values and worldview they hold. For example, a sweat lodge ceremony cleanses the body, mind, and soul. In another tradition, Jewish Passover (Pesach) has the Seder, a ritual service and ceremonial dinner held on the first night, or the first two nights, of Passover. It involves telling the story of the Exodus from Egypt and eating various symbolic foods.

Choose an embodied spiritual or cultural practice from your ancestors. If it is appropriate, do that practice this month. If it is specific to a time of year or of life and that isn't now, then reflect on the values it embodies and the teachings. Remember when you have experienced it. Come back to the group with some reflections from doing this spiritual exercise.

Spiritual Exercise Embodied Learning

Mohawk Clare Brant informed the Royal Commission on Aboriginal Peoples (1996) how various values are translated into Indigenous ethics, or codes of conduct. One of these is: Learning by doing or teaching children by observing and participation rather than direct instruction. Take some time this month reflecting on how you have learned by doing in your life, by observing and participating rather than direct instruction. Choose one thing this month you want to learn and choose a way that reflects this approach. If you have an opportunity to attend an event locally hosted or led by an Indigenous educator, see what you learn through observing and participating. What insights does it give you about embodiment?



Option C: The Question We Embody

"Hearing about [others'] first, big question got me wondering about my own. What is the question that I asked as a little girl and have never stopped asking? How has asking that question defined, even if unconsciously, the choices I've made, the things I've created, the legacy I will leave behind?" - Courtney Martin

Courtney Martin sees our lives as embodiments of our "first big questions." This exercise asks us to take that proposition seriously. Instead of a complex set of steps, your instructions are simply:

Spend the month figuring out and articulating your "first big question" and identify one way it has shaped you and one way it is calling you to change or deepen.

So... What question have you been trying to embody your entire life? What question has embodied you whether you liked it or not? What is the question that you asked as a little kid and have never stopped asking?

Check out the rest of Martin's essay for more inspiration: <http://tinyurl.com/ya72qgij>

Option D: Embody Your Privilege

The embodiment of (or lack of) privilege is arguably *the* defining characteristic of our relationships and our life's trajectory. And yet most of us in this culture are taught to ignore privilege, even pretend that it doesn't exist. The website BuzzFeed has created a powerful video and shared a challenging set of questions to help us get in touch with our privilege and its consequences. For this exercise:

- Go to the BuzzFeed website:
<http://www.vagabomb.com/What-Is-Privilege-Let-This-Demonstrative-Experiment-Answer-That-for-You/>
- Read the article
- Watch the video, and then reflect on the questions that are shared.
- Find a way to participate in the experiment/questionnaire either by organizing a handful of your friends or imagining yourself doing it with a circle of your family, neighbors and co-workers.
- Come to your group ready to share what it means to begin to embody and be aware of your privilege.

Option E: A Love Letter To Your Body

Deep Breaths are like little love notes to your body. - Anon

In a vulnerable and insightful [essay](#), Christine Valters Paintner asks, "How many of us treat our bodies with the lavish attention they deserve? What does it mean to treat our bodies like the temples they really are? What is the damage caused by the endless messages we receive each day about our bodies' inadequacies? What if for one day we could put to rest the damaging stories we tell ourselves about how our bodies don't measure up? What if we could bring our full presence to our bodies' needs instead of endlessly ignoring them?...What if our bodies truly were an "inexhaustible source of sanctification" and we treated them as such?"



She goes on to challenge us to “write a love letter to your body, offering both gratitude and forgiveness. Instead of using words, offer it in food, in warmth, in touch... Instead of rushing from place to place until you crash into bed exhausted, allow holy pauses to breathe deeply, take a long bath as an act of offering, lavish yourself with oil. Prepare a nourishing meal for just yourself. Eat chocolate, but make sure it is the deepest, darkest, richest kind you can find and eat it with as much attention as you can summon. Make an appointment for a massage and receive some loving touch imagining that you are being anointed for blessing others.”

So, there you have it. Paintner lays out this exercise plan and simple:

**“Write a love letter to your body, offering both
gratitude and forgiveness. Instead of using words,
offer it in food, in warmth, in touch... “**

If you find yourself struggling with what this might mean for you or if you want to go take this further, consider another simple blessing or love letter. Spend a morning or evening completing the following list of sentences:

1. To my **mind** I say thanks. It has helped me hold on to memory, dream bigger dreams and correct the sometimes confusing and confused voices in my head. ***I especially thank it for the time it...***
2. To my **eyes** I say thanks. They have helped me perceive life more widely and anew. ***I especially thank them for the time they...***
3. To my **ears** I say thanks. They have helped be take in beauty, new ideas and the wisdom and pain of others. ***I especially thank them for the time they...***
4. To my **throat and voice** I say thanks. It has enabled me to speak into existence the me that is truly me. It has helped me bravely speak out, offer soft words of comfort to others, and sing myself back into joy. ***I especially thank it for the time it...***
5. To my **heart** I say thanks. It has been broken, allowed itself to mend and was brave enough to trust again. ***I especially thank it for the time it...***
6. To my **body's sensuality** I say thanks. It has helped love and feel loved. It has allowed me to know intimacy and experience a self that extends beyond the limits of my own skin. ***I especially thank it for the time it...***
7. To my **hands** I say thanks. They have allowed me the gift of good work. They have held others and allowed me to hold on tight to those I needed most. They have also been brave enough to let go. ***I especially thank them for the time they...***
8. To my **feet** I say thanks. They have led me on adventures and helped me stand tall. They have allowed me to dance and feel every ounce of my joy. They have made me move forward when my heart wanted to run in fear. ***I especially thank them for the time they...***



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. Have you found a way to embody your deepest insight?
2. What family legacy are you embodying and living out? Is that legacy a blessing or a burden?
3. When was the last time you felt that "this is exactly where I am supposed to be!"?
4. Have you embodied and embraced your shadow side as well as your light? <http://tinyurl.com/ydz6d3ri>
5. When was the last time you listened to your body? What is your body saying right now?
6. Do you embody (embrace) or deny your pain?
7. Do you embody or deny your joy?
8. Have you forgiven your body for letting you down? For betraying you?
9. Have you thanked your body for all its carried and given you?
10. Have you allowed yourself to become embodied in and swallowed up by stress? <http://tinyurl.com/y7zkrasal>
11. What new story is your body trying to tell?
12. What might it look and feel like to embody silence and stillness?
13. Has your embodiment of the role of mother/parent turned out the way you expected?
14. What embodiment are you longing to break out of?
15. 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 Embodiment*.

Word Roots

em- prefix meaning “put in or into, bring to a certain state”

body - *bodig* from Old English “trunk, chest of a man or animal”

ment – suffix referring to the result of an action

The Aramaic/Hebrew word *nephesh* comes from the root to breathe. Body, breath, and consciousness are connected through this word.

Wise Words

The purpose of life is not to transcend the body, but to embody the transcendent.

- The Dalai Lama

Each of us *are* the face of God in this world, and God’s voice and hands.

- Rev. Galen Guengerich, UU Minister

No spiritual treasure to be found apart from the bodily experiences of human life on earth... My life depends on ignoring all touted distinctions between the secular and the sacred, the physical and the spiritual, the body and the soul...

Whoever you are, you are human. Wherever you are, you live in the world, which is just waiting for you to notice the holiness in it...Earth is so thick with divine possibility that it is a wonder we can walk anywhere without cracking our shins on altars.

-Barbara Brown Taylor

If love were only spiritual,
The practices of fasting and prayer would not exist.
The gifts lovers give each other
Are nothing but outward forms
But they testify to invisible love,
Just as outward acts of kindness
Reveal a loving heart. - Rumi

Blessing for the Senses

May your body be blessed.

May you realize that your body is a faithful and beautiful friend of your soul.

And may you be peaceful and joyful and recognize that your senses are sacred thresholds.

May you realize that holiness is mindful, gazing, feeling, hearing, and touching.
May your senses gather you and bring you home.
May your senses always enable you to celebrate the universe and the mystery and possibilities in your presence here.
May the Eros of the Earth bless you.

-John O'Donohue

The body is a sacred garment. It's your first and last garment; it is what you enter life in and what you depart life with, and it should be treated with honor. - Martha Graham

Don't explain your philosophy. Embody it.
- Epictetus

If anything is sacred, the human body is sacred.
-Walt Whitman

The Paradox by Sarah Kay

When I am inside writing,
all I can think about is how I should be outside living.
When I am outside living,
all I can do is notice all there is to write about.
When I read about love, I think I should be out loving.
When I love, I think I need to read more....
I spend most of my time wondering
if I should be somewhere else.
So I have learned to shape the words thank you...

Full poem found at: <http://tinyurl.com/y8htjp3u>

Hear Sarah Kay read it here:

<https://www.youtube.com/watch?v=StE7b5mRWHk>



Here by Wislawa Szymborska

A celebration of being embodied on this earth and in this body!

I don't know about other places,
but here on Earth there's quite a lot of everything.
Maybe somewhere else there are similar places,
But no one considers them beautiful.
Maybe like nowhere else, or in few other places,
here you have your own body trunk,
and with it the tools needed,
to add your children to those of others.
Besides that your hands, legs, and the amazed head...

Full poem found at: <http://tinyurl.com/ydfx799e>

No one longs for what he or she already has, and yet the accumulated insight of those wise about the spiritual life suggests that the reason so many of us cannot see the red X that marks the spot is because we are standing on it. The treasure we seek requires no lengthy expedition, no expensive equipment, no superior aptitude or special company. All we lack is the willingness to imagine that we already have everything we need. The only thing missing is our consent to be where we are. -Barbara Brown Taylor

I keep looking for one more teacher, only to find that fish learn from water and birds learn from sky. If you want to learn about the sea, it helps to be at sea. If you want to learn about compassion, it helps to be in love. If you want to learn about healing, it helps to know of suffering. The strong live in the storm without worshipping the storm. - Mark Nepo

In my theology, the doctrine of (the) Incarnation shouldn't be 'outsourced' to the life of Jesus of Nazareth. Living into a consciously embodied life IS the incarnation." - Chela Sloper, Soul Matters member

Your Body Is Welcome Here

Your body is welcome here, all of it.

Yes, even that part. And that part. And yes, even that part.

The parts you love, and the parts you don't.

For in this place we come with all that we are

All that we have been,

And all that we are going to be...

- Rev. Sean Neil-Barron <http://tinyurl.com/yc7sygap>

The Way In

Sometimes the way to milk and honey is through the body.

Sometimes the way in is a song.

But there are three ways in the world: dangerous, wounding,

and beauty.

To enter stone, be water.

To rise through hard earth, be plant
desiring sunlight, believing in water.

To enter fire, be dry.

To enter life, be food.

-Linda Hogan

Let me put it this way –

I am wildly, irrevocably in love
with the world.

And you –

you wonderful, beautiful, brave
spark of creation –

you are inseparable from the world.

I breathe you in.

I take your story into me,
and it lodges

in my soul.

We will never be

two separate things again –
if ever we were.

-Rev Leslie Mills, UU Church of Elgin, IL



God Made Mud

God made mud.

God got lonesome.

So God said to some of the mud, "Sit up!"

"See all I've made," said God, "the hills, the sea, the sky, the stars."

And I was some of the mud that got to sit up and look around.

Lucky me, lucky mud.

I, mud, sat up and saw what a nice job God had done.

Nice going, God.

Nobody but you could have done it, God! I certainly couldn't have.

I feel very unimportant compared to You.

The only way I can feel the least bit important is to think of all the mud

that didn't even get to sit up and look around.

I got so much, and most mud got so little.

Thank you for the honor!

Now mud lies down again and goes to sleep.

What memories for mud to have!

What interesting other kinds of sitting-up mud I met!

I loved everything I saw!

Good night. - Kurt Vonnegut, Jr.

"You are the sun and the rain, the water and the plants, the birds and the animals. There is no such thing as 'nature,' apart from you and me. You are nature, I am nature, just as you are me and I am you." - John Lundin, **Journey to the Heart of the World**

You never realize how much of your background is sewn into the lining of your clothes. -Thomas Wolfe

Between the World and Me

I think it is important to pray naked in front of a full-length mirror sometimes, especially when you are full of loathing for your body. ...

You have gotten glimpses of your body as you have bathed or changed clothes, but so far maintaining your equilibrium has depended upon staying covered up as much as you can...

This can only go on so long, especially for someone who officially believes that God loves flesh and blood, no matter what kind of shape it is in.

Whether you are sick or well, lovely or irregular, there comes a time when it is vitally important for your spiritual health to drop your clothes, look in the mirror, and say, 'Here I am. This is the body-like- no-other that my life has shaped. I live here. This is my soul's address.' After you have taken a good look around, you may decide that there is a lot to be thankful for, all things considered.

Bodies take real beatings. That they heal from most things is an underrated miracle. That they give birth is beyond reckoning... Here we sit, with our souls tucked away in this marvelous luggage, mostly insensible to the ways in which every spiritual practice begins with the body.

-Barbara Brown Taylor

Embodying our Family Legacy

"A legacy is something that is passed on to you that you have no control over," Christian singer Rich Mullins once said. "There are all kinds of things that are pushed on us and we have no say over, and they shape the way we see everything."

My family has left me a legacy of alcoholism, severed relationships, depression, and fiery anger. My father tried his best to protect me from the dark side of our legacy. He cut off some family, built walls around interactions with others, and tried to raise us to be strong, moral, sober, God-fearing people. He taught me all that matters is who you are, and how you follow God.

Through this attempt to keep us safe, I was left feeling as if I were standing in a vast, dark world and the light I held could only illumine my siblings and parents. What else might be out there? Could any of it be good? ... I am who I am because of my people." -Tessi Muskrat Rickabaugh <http://tinyurl.com/yb8qmyzd>



The purpose of any ceremony is to build stronger relationship or bridge the distance between our cosmos and us. The research that we do as Indigenous people is a ceremony that allows us a raised level of consciousness and insight into our world. Through going forward together with open minds and good hearts we have uncovered the nature of this ceremony.

Research is Ceremony: Indigenous Research Methods

-Shawn Wilson

Funny

What's it like to be a human the bird asked

I myself don't know

it's being held prisoner by your skin

while reaching infinity

being a captive of your scrap of time

while touching eternity

being hopelessly uncertain

and helplessly hopeful

being a needle of frost

and a handful of heat

breathing in the air

and choking wordlessly

it's being on fire

with a nest made of ashes

eating bread

while filling up on hunger

it's dying without love

it's loving through death

That's funny said the bird

and flew effortlessly up into the air

-Anna Kamienska

Articles

The Shared Experience of Built Sacred Spaces

by Sarah Smarsh

What does your church space embody? Even on a humble patch of flat grassland, there's a recognizable energy field inside a place designated for speaking with God. How could there not be in a building that has contained so many prayers and songs, so many tears over dead farmers in open caskets, so many smiles at crying babies with holy water running down their cheeks?... <http://tinyurl.com/yaxigtm3>

Embracing "Today's Body"

How to shift from a "fix it" mindset to approaching the body with more kindness and acceptance.

In a recent yoga class I attended, the teacher, when she moved us through the poses, used the term "today's body." She didn't say your body or even the body, but today's body. I liked the unexpected playfulness of that expression. Immediately it made my body feel more acceptable, less personal, and at the same time more connected with the other people in the room—and their bodies. We all have a "today's body." ..."

<http://tinyurl.com/yc57x8s7>

Six Ways to Be Embodied While You Eat

Informal mindfulness practices for those of us who don't have five minutes to contemplate a raisin.

<http://www.mindful.org/6-ways-practice-mindful-eating/>

The Body Divided

by Ona Gritz

from the Bellingham Review & Utne Reader

A woman with cerebral palsy gets comfortable in her own skin <http://www.utne.com/arts/the-body-divided>



Podcasts and Online

How Trauma Lodges in the Body –On Being Podcast

Human memory is a sensory experience, says psychiatrist Bessel van der Kolk. Through his longtime research and innovation in trauma treatment, he shares what he's learning about how bodywork like yoga or eye movement therapy can restore a sense of goodness and safety. <http://tinyurl.com/ybsxfapa>

Where Am I? – Radiolab Podcast

...OK. Maybe you're in your desk chair. You're in your office. You're in New York, or Detroit, or Timbuktu. You're on planet Earth. But where are you, really? This hour, Radiolab tries to find out. How does your brain keep track of your body? We examine the bond between brain and body, and look at what happens when it breaks. <http://tinyurl.com/nfmvx3k>

The Secret Emotional Life of Clothes

Do clothes have the power to transform us? A show featuring seven separate stories about how the clothes we wear affect us [and embody us] more than we think (though perhaps less than we hope).

<http://tinyurl.com/yc6r8b8r>

The Dress

by Jessi Klein The Moth podcast

What do you do when the wedding dress you are pressured to wear doesn't embody the values you hold dear? <https://themoth.org/stories/the-dress>

Embodying and Accepting our Beauty

<https://www.youtube.com/watch?v=aW8BDgLpZkI>

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

Do You Embody Your Body With Joy?

<https://www.youtube.com/watch?v=f0tEcxDd4>

Music

What If God Was One Of Us?- Joan Osborne

<https://www.youtube.com/watch?v=7Gx1Pv02w3Q>

Everybody Here Is a Cloud - Cloud Cult

...And everybody here is a cloud

And everybody here will evaporate this

You came up off the ground

From a million little pieces

Have you found where your place is?

Have you found where your place is?...

<https://www.youtube.com/watch?v=28ljHKVU6mo>

Right Here Right Now Jesus Jones

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

<http://tinyurl.com/y8qjdrgm>

Connected

by Brian Tate performed by City Soul Choir

I am a part of you. You are a part of me. And so together we are one body...

<https://www.youtube.com/watch?v=NUKyWJ7DSg0>

"A valiant Indigenous life and the embodiment of resilience: If resilience had a human form, it would bear a striking resemblance to Wilmer Nadjiwon."

<http://tinyurl.com/ybg49thd>

Movies

I Am Not Your Negro

An inspiring documentary on the legacy of African-American writer and activist, James Baldwin. A raw and moving engagement with our embodiment of racism.

Trailer: <http://tinyurl.com/y787f7vo>

Review: <http://tinyurl.com/ycto9gjm>



Captain Fantastic

An astonishing, touching and inspiring film about an unconventional father trying to make his life and parenting an embodiment of his values. Also an exploration of what happens when those values are not also embodied by the surrounding society.

<http://tinyurl.com/jb35u8b>

My Love, Don't Cross That River

A jubilant celebration of commitment, intimacy and embodying a single life, together.

<http://tinyurl.com/ycrk74ch>

Review: <http://tinyurl.com/ydfqk27g>

Gleason

An emotionally rich documentary about a former NFL star and his wife finding ways to embody a rich life despite the debilitatingations caused by ALS.

https://www.rottentomatoes.com/m/gleason_2016

Review: <http://tinyurl.com/ycyfmr7f>

In Defense of Food

A documentary challenging us to embody our values and our awareness in our eating.

Review: <http://tinyurl.com/y7akccw6>

Books

Grounded: Finding God in the World

by Diana Butler Bass

Bass argues that what appears to be a decline actually signals a major transformation in how people understand and experience God. The distant God of conventional religion has given way to a more embodied sense of the sacred that is with us in the world...in the soil, the water, the sky, in our homes and neighborhoods, and in the global commons.

<http://tinyurl.com/zq2n2ck>

An Altar in the World: A Geography of Faith

by Barbara Brown Taylor

Brown shares how she learned to find God beyond the church walls by embracing the sacred in the natural parts of everyday life. "There is no spiritual treasure to be found apart from the bodily experiences of human life on the earth. <http://tinyurl.com/y8ypqf3l>

<http://tinyurl.com/y9hppyca>

A Beautiful Question: Finding Nature's Deep Design

by Frank Wilczek

Nobel physicist Frank Wilczek sees beauty as a compass for truth, discovery, and meaning. His book, A Beautiful Question, is a long meditation on the question: "Does the world embody beautiful ideas?"

<http://tinyurl.com/ya8a2fou>

Quiet: The Power of Introverts in a World That Can't Stop Talking

by Susan Cain

A call for introverts to embody their needed version of leadership! Leaders needn't be the loudest. Leadership is not about theater. It's not about dominance. It is about putting the lives of others before any other priority. <http://tinyurl.com/muzowop>

Landscapes of Aging and Spirituality: Essays

Nineteen UU writers reflect on embodying the experience of aging and the spirituality of aging. Alternately tender and frank, funny and wistful, these heartfelt ruminations offer companionship for those walking and embracing the journey of later life.

<http://tinyurl.com/ya9tmj37>

GA panel discussion with some of the authors:

<https://www.youtube.com/watch?v=WqSLHt5seI8>

Between the World and Me

by Ta-Nehisi Coates

Although the book has been widely praised as a monumental text about black life, it's more specifically a book about how to live free in a black male body.

Review: <http://tinyurl.com/ycofxegz>



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 May's Volunteer of the Month: Hendrik Schaink!

May's Volunteer of the Month is Hendrik Schaink. Hendrik is an active and vital member of our congregation, contributing with kindness, gentleness, and wisdom.

Hendrick has served in a variety of roles. Among his many contributions, Hendrick has recently been a pillar of the Church Services Committee, chair of the AV group, and member of Chor Vida. In all of these roles, he brings insight, thoughtfulness, and compassion.

Others have noted that Hendrick has "the soul of a mystic" which offers "a perspective that is insightful and expansive". This perspective is one that

many of us have experienced through Hendrick's reflections at Sunday services. His depth of thought and feeling is evident in his sharing, and we benefit greatly from his willingness to be vulnerable.

Hendrick has also been instrumental in upgrading and improving the AV equipment, training new AV volunteers, and assisting with technical issues for services. Not only does he make these contributions readily, but he does so with skill and humility. As Jane Perry says of Hendrick: "The cherry on top is that he is really good at everything he decides to do".

Hendrick will be stepping back from Church Services in the coming months, but even in this he has been diligent and thoughtful, helping to reimagine the committee and how it functions, and ensuring its continuation and revitalization.

When you see Hendrick, please thank him for all that he has done and continues to do! We are lucky to have him in our congregation.

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.



New Social Media Co-Ordinator Hired!

We are delighted to announce that we have used a generous directed donation to hire Holly Noelle as our first Social Media Co-Ordinator. And we hope from our 2018/19 pledging to have more funds to support this all the way through the end of the next fiscal year.

Holly will revamp our Facebook site, using the new Visual Identity guidelines, adding more colour and photos throughout. She will also manage the weekly postings to Facebook and will be experimenting with some Facebook "boosting" and advertising - all part of trying to get the word out about Calgary Unitarians to the broader Calgary community. In addition, Holly will assist in the promotion of our events through specialized Facebook pages. She will then look at Instagram, Twitter, and others to see where else on the social media scene we should have some presence. Holly can be reached at socialmedia@calgaryunitarians.ca

Your Visual Identity Committee

Co-Op Gift Cards: Raise Funds for Calgary Unitarians

Summer is Coming! Plan now for July and August Co-op Card Purchases

We welcome postdated cheques or consider increasing your purchases in May and June to cover the summer months of barbequing, entertaining, travel etc.

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

There are 2 types of Co-op gift cards. One for grocery and gas purchases at the Co-op grocery stores and gas bars. The Co-op liquor gift card is solely for purchases in Co-op Liquor stores. Please specify at the time of ordering which type of gift card(s) you are requesting. Any questions? Please ask at the order table.

***We Accept Cheques, Cash and E-Transfer
Place Gift card orders - Sunday, May 6, 2018
Pickup Gift cards - Sunday, May 13, 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

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



Grow in Wisdom
Deepen Relationships
Act for Justice

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 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 chaplains 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