

# The Quest

## October 2018 Services: Abundance



### Inside This Issue

#### Debra's Deliberations 2

#### ♪ Upbeat News 4

#### CYRE News 5

#### October 7 - Manna, Bread of Life

Bread is a universal food of life. You are invited to bring bread to share, perhaps from your ethnic heritage or that has a personal meaning for you. Libby Kasner, one of our youth, will be one of the facilitators today as she reflects about the importance of gratitude.

**Co-Facilitators:** Rev Debra Faulk, Libby Kasner & Lynn Nugent

**Music:** Music Director Jane Perry with UUphonia

#### October 14 - Our Changing Economy: Is Abundance for All Possible?

There are rapid changes in all aspect of human activity these days. These changes in our economic systems include the widening disparities of wealth and the emergence of the sharing economy, job-sharing and other innovations. Let the conversation begin/continue.

**Service Facilitators:** Rev Debra Faulk & Mary Anna Louise Kovar

**Music:** Music Director Jane Perry

#### October 21- Abundance, Resilience, and Generosity: A Refugee Story

Rev Fulgence spent two months this summer with refugees in Rwanda and will reflect on lessons learned from acts of generosity,

resilience, and even sacrifice from refugees.

As we navigate our own needs and the needs of others, we sometimes struggle with the right balance and live on the edge of frustration. In this service, he will remind us that we all have the capacity to experience abundance and resilience if we choose to be present with others in small and meaningful ways

**Co-Facilitators:** Rev Fulgence Ndagijimana and Rev Debra Faulk

**Music:** Music Director Jane Perry with UUphonia

*\*\*Join us for Souper Sunday after service today; it's a week early to honor our special guest.\*\**

#### October 28 Abundance: A Jewish Perspective

We welcome Rabbi Shaul Osadchey of Beth Tzedek Synagogue to share about the Jewish tradition with our monthly focus of abundance as his lens. Rabbi Osadchey is Chair of the Calgary Interfaith Council (CIC) and joined Rev Debra in going to accept the Gold Medal on behalf of CIC for their work on Interfaith Harmony Week in 2017.

**Service Presenter:** Rabbi Shaul Osadchey

**Service Facilitators:** Marcia Epstein & Lynn Nugent

**Music:** TBC

*\*Program staff: Jane, Sheila and Debra will be at the Western Regional Gathering \**



## Debra's Deliberations



Our October theme is Abundance, a natural one for this month of Thanksgiving and so I find myself pondering the many things for which I am grateful. Very near the top of my list is this amazing community. The loving energy that is generated when we are together, the gentle care that is offered to those hurting and grieving. We offer a space for like-valued organizations such as Calgary Young People's Theatre, community choirs, the Raging Grannies, and green initiatives (local food / permaculture, community gardens, movies). We offer opportunity for people to engage in learning and in action, and there are so many people who come together to support one another in our vision of deepening relationships and working for a more just and sustainable world.

Thanksgiving also brings to mind and heart the relationship with the Indigenous people of this land. Perhaps more explicit in the telling of the history of contact by our neighbours to the south, our story of survival includes gratitude for the sharing and support offered in those early days. Celebration of the harvest and the abundance the earth provides happens in most places and cultures of the world. It is here in North America that it is, or can be, a celebration of the relationships between the settlers and original people.

Our national organization made a commitment to engage and educate our congregations about this historical and current relationship. This year I will focus some of my time and energy on the recognition and reconciliation of those relationships and invite all who are interested to do so to whatever extent you might be inclined. On October 2<sup>nd</sup> we will gather to imagine and discuss what options and opportunities people might wish to engage. Jane will also be doing some of this work with the choir as well.

Personally, my ongoing commitment to learning and allyship include the Certificate in Indigenous Cultural Awareness (ICA) program option at the Parliament of World Religions being held in Toronto the first week of November. It has also been my deep honour to have been invited to participate in the Elder-led Reconciliation and Relationship-building program that will happen over the year.

This is the Project overview:

These Elder-led reconciliation and relationship building sessions are designed to build trust between faith leaders and Indigenous Knowledge Keepers (Elders from varying Nations), as a basis for future action on decolonizing, reconciliation, and right relations. Churches have been part of the colonial system and have participated in the Residential Schools and other causes of harm. It is very important to enter a process that is led by the elders and Indigenous knowledge Keepers rather than the churches, one that honours indigenous ways of knowing, practices and oral traditions which creates an ethical and safe space for all to participate.

Let me close these deliberations with a thought from my dear colleague, minister of the 1<sup>st</sup> UU Church of Albuquerque, Rev Angela Herrera:

*Abundance is not about having what you want, but about noticing what you have, and multiplying it through sharing it, multiplying it through your manner of being in this world.*

Namaste,

Debra

Please contact Debra directly to chat or arrange an appointment:

[debra@calgaryunitarians.ca](mailto:debra@calgaryunitarians.ca) or 403-702-6486



## Shavings from the Board

Greetings from your Board of Trustees. As we head into the church year, one of our priorities is the development of Covenants of Right Relations. The staff team is already working on theirs. And while the board is working on our covenant, we will also be developing a process where we can all participate in creating a congregational Covenant of Right Relations. Stay tuned for further details. In the meantime, we can look forward to Fun Fridays and Anniversary celebrations this month.

I will be attending the Western Regional Gathering in Winnipeg at the end of October. I encourage you to consider joining me! It's a great way to connect with other UUs and the programming always stimulates new ideas.

~Mary Anna Louise Kovar, President, Board of Trustees



## Introduction to Unitarian Universalism

Do you have questions about our faith or its history? Attend this interactive workshop and explore your aspirations for spiritual growth, opportunities for community connection and furthering social justice.

Choosing a church community that fits you and your family is an important decision. Come explore if Calgary Unitarians is a good fit for you. Rev. Debra Faulk and the Membership Committee will facilitate the workshop.

Time & Date: Saturday, October 20, 9:30 am – 12:45 pm (lunch provided)  
Childcare available, notice in advance is required. To register or for further information email [membership@unitarianscalgary.org](mailto:membership@unitarianscalgary.org) Please provide information on food sensitivities.

## October 21<sup>st</sup> Souper Sunday

Rev Fulgence Ndagijimana will be with us from Saskatoon so we are having the Souper Sunday a week earlier than usual to show him our incredible hospitality. Please sign-up to bring a pot of soup for 15-20 people; we will need 6-7 pots. Help with clean-up help is most welcome.



## October 4-Others is UNICEF

*With the exception of October 21st when will support Burundian Unitarian refugees currently living in Rwanda.*



## ♪ UpBeat News with Jane Perry ♪

**Silent Movie Night!** Friday, October 19, 2018 at 7:30pm in Wickenden Hall. Get your tickets soon for our Hallowe'en-themed silent movie extravaganza! We'll kick things off with the Buster Keaton comedy classic "The Scarecrow" (1921), followed by the original Dracula film --- "Nosferatu" (1922), starring Max Schrek. Pianist Jane Perry and foley artist Dave Bradt will provide live film scores. Bring your loonies and two-nies for sodas and popcorn! And did we mention the costume contest? Dress as your favourite Hallowe'en ghoul or goblin! Tickets are \$15 regular, with a pay-what-you-can option and free admission for kids age 12 and under. Children still need tickets, so that we can make sure we have enough chairs for all. The \$15 tickets will be available through [www.brownpapertickets.com](http://www.brownpapertickets.com) starting on September 23. You can buy tickets in person at coffee hour starting on Sunday, September 30. See you at the show!



### Coffee Choir!

This is singing for everyone, and everyone gets to sing the tune! Three Tuesday afternoons --- Oct 9, 16, and 23 in Wickenden Hall. Come at 1:30pm for coffee, cookies and conversation, and sing from 2:00pm to 3:00pm. Info: Music Director Jane Perry at [jane@calgaryunitarians.ca](mailto:jane@calgaryunitarians.ca)

And looking ahead to November....



**Choir Concert!** Saturday, November 17 at 7:30pm in Panabaker Hall. UUphonia, Chor Vida and friends present a concert called "Creation Stories."



## Religious Exploration Program

### Please Give a Warm Welcome to Our New CYRE Staff!

#### Explorers Class Lead (ages 3 -7) - Samer Khaldi

Sam was a Unitarian in Syria, then was part of the Salt Spring Island congregation in B.C, before moving to Calgary with his family. Sam has over fifteen years of childcare experience, has been a humanitarian assistant, lawyer, music therapist and piano teacher. We are so blessed to have Sam as part of our congregation and as our new Explorers Class Lead! Sam brings his musical talents, creativity, hard work ethic, endless patience and warm smile to our program. Welcome!

While Sam is paired with our weekly Nursery volunteer (the two rooms are connected), we are getting more and more fabulous Explorers each Sunday. We had a full house of energetic beings last week and welcome more volunteers! We can work around choir and travel schedules, and a commitment of just one Sunday a month is perfect. *Recharge your joy by spending time with our littlest Unitarians!*

Contact DRE Sheila to volunteer – [sheila@calgaryunitarians.ca](mailto:sheila@calgaryunitarians.ca)

#### Lead Youth Advisor (ages 12 to 20) - Holly Noelle

Holly has been a Unitarian and a familiar face in our congregation for many years, first as a volunteer then as part of our Nursery staff. Holly is also our Calgary Unitarian Social Media Coordinator and is responsible for our CYRE newsletter each week. (Our CYRE newsletter is awesome, and a great way to keep up with all the children, youth and family activities, email DRE Sheila to be added and stay in the know). Holly is a long-time volunteer on our CYRE Committee and a volunteer for our OWL Team (Our Whole Lives Sexuality). We are running grades K-1 this Fall and grades 7-8 in January 2019. To register or for more information email [owl@calgaryunitarians.ca](mailto:owl@calgaryunitarians.ca)

Holly has always been generous with her time and effort. She brings a genuine passion for making a difference, and encourages Youth leadership. We have a great curriculum lined up this year, which was requested and voted on by the Youth, called “Neighboring Faiths”. The Youth will be exploring a spectrum of religions and faiths in depth, as well as our own UU values.

We are looking for volunteers to spend time with the Youth – just a commitment of once per month to hang out with some fabulous people. No planning or curriculum work needed, just the gift of your presence. We are also looking for volunteers to accompany the Youth when we visit other faiths which promises to be an exciting opportunity. Or volunteer for our monthly Youth/Young Adult big screen movie and discussion group; so much fun!

If you’d like to volunteer and be a part of all this awesomeness contact DRE Sheila at [sheila@calgaryunitarians.ca](mailto:sheila@calgaryunitarians.ca)





We have been offering historical tidbits as we celebrate this year of anniversaries:

**50 years in our current building** - September 1968 we moved to our current location, formerly Crescent Heights United Church. Services were held in what is now Wickenden Hall while the Church School met downstairs.

**60+ years as congregation** - There was an earlier gathering of Unitarians in Calgary from 1909-1921, then a hiatus until 1956/7 when the congregation we know today was reconstituted. The Quest began publishing twice a month in 1958. Christmas Fruitcake fundraiser started in 1979; that's almost 40 years!

**450 Years of Unitarianism** - 1568 in Eastern Europe. The sixteenth century was a laboratory for religious reformation in Europe. Our Unitarian and Universalist traditions find close affinity to Radical Reformers. In Transylvania, the reigning monarch, Zsigmond Janos (John Sigismund) took interest in religious reform, and supported a series of theological debates during the 1560s. Close at hand was his court physician, Giorgio Biandrata (George Biandrata) who 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.

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.

There is so much that the Edict points to which 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.

An anniversary is a special opportunity to reflect and remember foundations and commitments that can serve as touchstones. The Edict of Torda is one of those reliable sources of power and inspiration. It was radical in its time and David was martyred for his steadfast commitment to the never-ending work of reformation.

Beyond these matters of faith and practice, the upcoming anniversary calls UUs to know ourselves better by celebrating the history of the world's first Unitarian churches. 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. Let us take this anniversary as a chance to understand our history more completely, to celebrate the radical reform spirit that is at the basis of the Edict, and may we translate it into lives and ministries of purpose today.

Come Celebrate at the Anniversary Dinner October 12<sup>th</sup>, 2018!!



## Anniversary Celebration Hungarian Dinner!

Then...



...and now

**Friday October 12<sup>th</sup> - Doors Open at 5:30, Dinner at 6:00**

It's a year of anniversaries! 2018 marks the 450th anniversary of Unitarianism, the 60th anniversary of this congregation and 50 years in our building – come celebrate with a Hungarian Dinner and evening activities. The Dinner Menu (by chef Dean Kasner and helpers), will be Hungarian goulash, stuffed cabbage casserole, homemade rustic bread, salad bar, and Apricot sponge cake, with vegan/ vegetarian and gluten-free options available.

### The Evening Program Includes:

**Rev Debra Faulk** will share about the roots of Unitarianism in Transylvania / Hungary.

**Loretta Biasutti** of the History and Archives Committee will introduce a historical slide show about our congregation, prepared especially for this occasion by Grace Burwash.  
We will open the Time Capsule sealed in 2000.

Please sign up by October 7th, on the bulletin board in Wickenden, or by emailing Hazel Corcoran, [hazel@canadianworker.coop](mailto:hazel@canadianworker.coop).

Please note any special diet or allergies. Also, indicate if you can help on October 12th with cooking (from noon), set-up (2 pm), or clean-up after dinner.





## Fun Fridays Are Here!

Fun Fridays are a chance to deepen relationships and build our Beloved Community. The goal of these programs is to socialize, laugh and learn together. Your Board of Trustees is sponsoring the Fun Fridays, but they need your help. We would like to see something happening every Friday evening at CUU: movies, karaoke, game nights or potlucks; the only limit is your imagination! Interested in being part of the coordinating team? Got an idea for a Fun Friday? Talk with any Board member or Rev Debra. Here is a sample of what's coming up as part of Fun Fridays:

**October 5th - Green Sanctuary Presents: Poetry Reading and a Movie** Doors open at 5:00 pm; event begins at 6:00pm. Join Calgary's Poet Laureate, Sheri-D Wilson and others, as we launch our new anthology **HeartWood: Poems For the Love of Trees** and **Beyond Forgetting: A Tribute to Al Purdy**, a new book by Canadian poets celebrating his life. There will also be a screening of **Call of the Forest: The Forgotten Wisdom of Trees**. See Cathy Welburn, organizer, for further details. Books will be available for purchase at the event.

**October 12 - Congregational Anniversary Hungarian Dinner** Doors Open at 5:30 Dinner at 6:00  
It's a year of anniversaries! Come celebrate with a Hungarian Dinner and evening activities. Hungarian-themed Dinner Menu (chef Dean Kasner and helpers). Rev. Debra Faulk will speak about the roots of Unitarianism in Transylvania /Hungary and Loretta Biasutti of the History and Archives Committee will introduce a historical slide show about our congregation prepared especially for this occasion by Grace Burwash. We will open the Time Capsule sealed in 2000. Please sign up by October 8th on the bulletin board in Wickenden, or email Hazel Corcoran, [hazel@canadianworker.coop](mailto:hazel@canadianworker.coop).

**October 19 - Silent Movie Night** 7:30pm in Wickenden Hall. It's a double feature starting with the Buster Keaton comedy classic **"The Scarecrow"** (1921), followed by the original Dracula film --- **"Nosferatu"** (1922), starring Max Schrek. Pianist Jane Perry and foley artist Dave Bradt will provide live film scores. Bring your loonies and toonies for sodas and popcorn! And did we mention the costume contest? Dress as your favourite Hallowe'en ghoul or goblin! A Spooooooky time is guaranteed for all!

**October 26 Family Movie Night Double Feature** - Watch the eNews for details.





## Annual Fruitcake Fundraiser Cakes are Selling Out Fast - Reserve Your Cakes Now!

Even though it is only October, it's time to start thinking about your fruitcake order. You don't want to be disappointed if we sell out before you came to order one of our famous fruitcakes.

Our tradition of a fruitcake fundraiser was started by Mary Smyth almost 40 years ago and was continued for many years by Mary Jane Hussey.

**To avoid disappointment,** order your cakes soon by emailing [jane.ebbern@gmail.com](mailto:jane.ebbern@gmail.com) or calling 403-283-7162.

We again offer four fabulous fruitcake choices:

**Mary Smyth Dark Cake** - raisins, dates, figs, currants, candied fruit, walnuts- fantastic with some cheddar cheese

**Mary Smyth Light Cake** - candied fruit, golden raisins and almonds- just perfect on its own

**Mary Jane's Millennium Cake**- apricots, cranberries, figs, apples, pecans- great with vin santo, orange muscat dessert wine, ice wine or sauterne

**Mary Jane's Chocolate Cake** - Bing cherries, dates, figs, chocolate, walnuts – terrific with port or raspberry dessert wine

The price will be the same as last year at \$35.00 per cake. All proceeds from this fund raising project contribute significantly to our church budget. All cakes are alcohol free and come attractively gift-wrapped. Each delicious cake weighs just under 1 kilo!

**Tell your friends about these delectable cakes.** Please encourage them to purchase for personal use or for gifts.

### Fruitcake Bakers, Slicers and Dicers Needed!

Do you like baking? Do you have a couple of free hours (9am – 11am) Monday to Friday, November 12<sup>th</sup> to 28<sup>th</sup>? If so, come join me in the church kitchen for some fruitcake baking and help keep alive a 40-year Unitarian fundraising tradition. If you can volunteer just one or two mornings of your time during the November baking period, that would be wonderful. Plan to arrive at 9:00 am; you can even leave as soon as the cakes go in the oven at 10:00 am if needed. If you have time for coffee and a chat while the kitchen fills up with amazing smells, even better!

If you're not free to bake midweek, consider coming on Saturday morning November 10th from 9am – noon for our slicing and dicing session, to help us chop and prepare fruit and nuts. This is by far the most fun time you can have in a 3-hour volunteer session. Check out the wonderful team from the past.

Email [jane.ebbern@mail.com](mailto:jane.ebbern@mail.com) or call 403-283-7162 to sign up.





## Green Sanctuary Film Series 2018-2019



The Green Sanctuary Committee, in cooperation with the Permaculture Calgary Guild, announces its film series for the 2018-19 season. All films form part of our Fun Fridays program. Doors open 6:30, coffee and refreshments 6:40, films at 7, discussion to follow. These are all award-winning and thought-provoking films on current environmental issues. Admission is free, donations accepted to cover costs.

**November 2, 2018 - Biophilic design** <http://www.biophilicdesign.net/>

Biophilic Design is an innovative way of designing the places where we live, work, and learn. We need nature in a deep and fundamental fashion, but we have often designed our cities and suburbs in ways that both degrade the environment and alienate us from nature. The recent trend in green architecture has decreased the environmental impact of the built environment, but it has accomplished little in the way of reconnecting us to the natural world, the missing piece in the puzzle of sustainable development. Come on a journey from our evolutionary past and the origins of architecture to the world's most celebrated buildings in a search for the architecture of life. Together, we will encounter buildings that connect people and nature - hospitals where patients heal faster, schools where children's test scores are higher, offices where workers are more productive, and communities where people know more of their neighbors and families thrive. Biophilic Design points the way toward creating healthy and productive habitats for modern humans.

**January 11, 2019 - Living the Change: Inspiring Stories for a Sustainable Future**

Living the Change explores solutions to the global crises we face today – solutions any one of us can be part of – through the inspiring stories of people pioneering change in their own lives and in their communities to live in a sustainable and regenerative way.

**February 22, 2019 – Containment** <https://educate.tugg.com/titles/containment>

Can we contain some of the deadliest, longest-lasting substances ever produced? Part observational essay filmed in weapons plants, Fukushima and deep underground— and part graphic novel— 'Containment' weaves between an uneasy present and an imaginative and troubled far future, exploring the idea that over millennia, nothing stays put.

**April 5, 2019 - Modified: A Food Lover's Journey into GMOs**

The filmmaker and her mother embark on a very personal and poignant investigative journey to find out why genetically modified organisms (GMOs) are not labeled on food products in the United States and Canada, despite being labeled in 64 countries around the world. Interweaving the personal and the political, the film is anchored in the filmmaker's relationship to her mom, a gardener and food activist who battled cancer during the film's production. Their intimate mother-daughter quest for answers, fuelled by a shared love of food, reveals the extent to which the agribusiness industry controls our food policies, making a strong case for a more transparent and sustainable food system. A visual celebration of family legacy and the love of food, cooking, and gardening. Winner of six festival awards since its release.



## Building Beloved Community

Western Regional Fall Gathering Oct 26-28, 2018

### Explore Sessions On:

Building Communities of  
Joyful Resilience

Food for all, Justice for All  
Growing Solidarity Together

Our **Children's Program** welcomes you to meet  
**Tibert, le Voyageur**

All **Youth** are invited to exciting **Youth Con!**

Join other Unitarian  
Universalists for  
worship, learning,  
fellowship, and fun!

#### Guests Include:

Rev. Jason Shelton  
Asha Philar, CUC  
Jenna Wirch of  
Aboriginal Youth  
Opportunities

Hosted by the First Unitarian  
Universalist Church of Winnipeg  
603 Wellington Crescent, and the  
Canadian Unitarian Council

To register, go to [cuc.ca](http://cuc.ca) Calendar of Events and click on Oct. 26 WRFG event





## **Call for Nominations for the Annual William Irvine Award for Social and Environmental Justice**



**Reverend William Irvine**

**April 19, 1888 - October 26, 1962**

The William Irvine Award for Social and Environmental Justice honours Rev William Irvine, who was the minister at this church from 1916 - 1919 – one hundred years ago. Irvine was born in Scotland. He left Scotland for Canada and left Methodism for Unitarianism when he arrived.

When Irvine subsequently left the ministry for politics, he carried his conscience with him. As an MP, Irvine denounced war profiteering during World War I, and opposed the draft, calling for a “conscription of wealth” instead. He tried to abolish the death penalty. His Parliamentary office hosted the 1932 founding meeting of the CCF, the Co-operative Commonwealth Federation, the precursor to the New Democratic Party we know today.

In William Irvine’s name, the Calgary Unitarians present this award annually to honour a Calgary person or organization for extraordinary services to advance social and/or environmental justice. Previous winners have been visionaries who acted on their vision, who managed to make changes because they put principles before ambition – people like Susan Gillies, at the Calgary Women’s Centre, and local Indigenous leaders and organizers Chantal Stormsong Chagnon and Cheryle Chagnon-Greyeyes. Please forward nominations to Social Justice Committee Chair, Penney Kome, at [penney.kome@gmail.com](mailto:penney.kome@gmail.com).



## Join Us for October's Pub Night... The Spookiest Pub Night of the Year!



**When:** October 3rd from 7:00-9:30pm  
**Where:** Kensington Pub- 207 10A St. NW  
[www.kensingtonpub.com](http://www.kensingtonpub.com)

Come out for a night of great conversation at one of Calgary's most iconic pubs. The menu is very inclusive, complete with gluten free and vegetarian options.

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

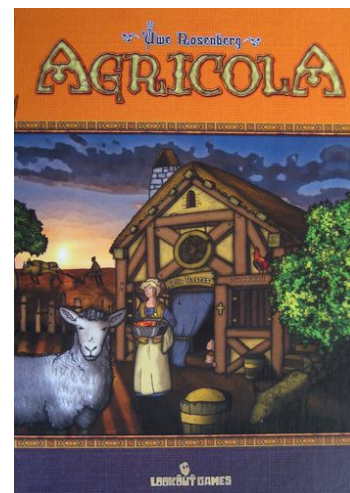
## Calgary Unitarians Show Their Pride



On behalf of the Social Justice Committee, Penney Kome would like to thank the merry band who bore CUU's banner at the Calgary Pride Parade on September 2nd. Thanks to Diane Allen, Linda E, Heather Walker, Randie Lind, Doug Engh, Dean Kasner, Rebekah Mobley-Kasner, Samer Khaldi, Bob Pond, Penny Clipperton, Ian Clipperton, Liz Blackstock, Judy Osbourne, OJ Zawalsky, the Raging Grannies and others who marched, scooted or pedaled with us.

## Young Adults Board Games Day When: October 20th from 2:00-6:00pm

There is more to tabletop gaming than Scrabble and Risk. And there isn't a better way to connect with the young adults in your community than through some games, snacks, conversation and laughter! We will have all of this and more. Please feel free to bring a favourite board game and a snack or drink to share.



## Upcoming October Events

**October 8 - Thanksgiving Dinner** is served at 4:00pm by your hosts Liz Blackstock, Dean Kasner, Neil Morton and Rev Debra. Turkey will be provided – potluck for everything else. Please sign up so we know how much turkey to make, how many are coming and who is bringing what.

### October 21 - Souper Sunday

Rev Fulgence Ndagijimana from Saskatoon will be with us so Souper Sunday will happen a week earlier than usual to show him our incredible hospitality. Please sign up to bring a pot of soup to feed 15-20 people; we will need 6-7 pots. Clean up help is appreciated.

### October 21 - Carol Blyth Celebration of Life

The celebration will begin 3:00 pm. If you can help out with hospitality, please let Rev Debra know.

### October 26 - 28 Western Regional Gathering

This year's gathering is being hosted by the First Unitarian Universal Church of Winnipeg. See page 11 for more details.





## What Does It Mean to Be A People of Abundance?

When it comes to abundance, our culture and our religion are clearly at odds. Our culture cries, “Accumulate!” Our religion counsels “Appreciate!” The mantras couldn’t be more different: The commercials tell us to “Go out and get what you want!” The pulpits plea with us to “learn to want what you have.”

Appreciation is central to this month’s theme. Noticing the abundance around us is clearly the work we are called to do. Then one wonders if that’s enough. It all depends on what you do after the noticing is done.

Sometimes there’s a passivity to appreciation that leaves nothing changed. There’s a big difference between appreciating the blessing of family and committing to sitting down together for dinner at least three or four times a week. It’s one thing to notice the beauty that fills your own backyard; it’s quite another to pull yourself out of the rat race so you have time to enjoy it. It helps to have a sermon remind us that our spouse or parent is doing the best they can, but that insight rarely sticks without a commitment to action that helps us truly let go of all the things we wish they were and embrace the limited but wonderful abundance of who they are.

In short, appreciation only gets us part of the way there. Noticing places abundance in view, then new commitments put it within reach. Without a decision to change our lives, noticing becomes nothing more than nostalgia.

Maybe the real question this month is: “What needs to change?”. What needs to be altered so you can dance with what is plentiful rather than worrying about what is scarce? What clutter finally needs to be cleaned up so there is room for new abundance to appear? What changes will free you from the superficial and allow in the important?

Yes, people of abundance make time for noticing and they also make tough choices. Choices that, after they are made, don’t feel tough at all.

Spiritual abundance is waiting for us friends. May this be the month we choose it.



## Our Spiritual Exercises

### ***Option A: Abundance On a Scale of 1-10***

This exercise invites us not only to recognize the abundance in our lives, but also recalibrate it. Sometimes abundance is a blessing; other times, too much of it is suffocating. Same with scarcity. Much of the time, scarcity feels like a desert, but other times it is the key to freedom. Look over the below list and rate how abundant or scarce each is in your life, on a scale of 1 (scarce) to 10 (abundant). Then make time to reflect on the results. What surprised you? What insight came from placing all the rankings side by side? What clearly needs recalibration?

- |  |  |
|--|--|
| 1. Access to food  | 15. Entertainment devices and activities       |
| 2. Freedom to make decisions about what you wear         | 16. Novels read                                |
| 3. Friends   | 17. Dinners where your loved ones sit and talk |
| 4. Moments of beauty                                     | 18. Play                                       |
| 5. Moments of <a href="#">micro-aggression</a>           | 19. Passion                                    |
| 6. Freedom to make decisions about how you use your time | 20. Respect of your peers                      |
| 7. Exercise  | 21. Envy                                       |
| 8. Financial independence                                | 22. People to talk to when tough times come    |
| 9. Regret  | 23. Fond memories                              |
| 10. A sense of purpose                                   | 24. Family obligations                         |
| 11. Access to health care                                | 25. Work/professional obligations              |
| 12. Time to volunteer                                    | 26. Time for meditation/prayer                 |
| 13. Access to reliable shelter                           | 27. Self care                                  |
| 14. Worry  | 28. Self love                                  |

(note: this exercise is an adaptation of <http://tinyurl.com/ybq8qv8t>)



## ***Option B: Find It by Giving It Away***

A student went to his master and said, "I am very discouraged. What should I do?"

The Zen Master replied, "Encourage others." *Nakagawa Roshi*

"When we are feeling the poorest, that's time to give a gift." *Dhyani Ywahoo*

It's a great spiritual truth: We find abundance when we give ours away. We lift it up every time we say "To give is to receive." If you are struggling with a lack of personal abundance right now, turn this truth into your spiritual exercise this month. Don't try to find encouragement; give it to others. Don't tackle your problem head on; look for others with the same struggle and find a way to offer them help. If you are feeling "poor," figure out a gift you can give. In short, address others' needs for more abundance and see what you end up with in return. Come to your group ready to share if the old formula worked.

## ***Option C: The Abundance of Clutter***

Abundance gets in the way of abundance. Sounds silly but it's true. Too much stuff leaves us trapped. An over-packed schedule leaves us feeling empty. Clutter, material or spiritual, acts like a cage, leaving us little room to move, or breathe.

There's no better month than October to take on this clutter in our lives. In autumn, trees shed their leaves, inviting us to do the same. The holidays are right around the corner, with their yearly attempt to get us to pack even more into our lives.

So find a few ways this autumn to "declutter." First, you will need to figure out what that means to you. Often it is material clutter we need to tackle. Just as often it is spiritual clutter that needs to be addressed. Truth is, most of the time, it's hard to separate the two. Whatever you decide to focus on, choose at least one strategy to address it. And remember that not all clutter is junk. Our work is not simply to throw the clutter out, but to sort through it. Almost always, there are gems buried in the mess.

Here's some inspiration and guidance to help you along the way:

- *Thirty tips to unclutter your life* [http://bpcenter.com/?page\\_id=63](http://bpcenter.com/?page_id=63)
- *The less you own, the more you have* | Angela Horn | TEDxCapeTown <http://tinyurl.com/ybbuwube>
- *Is your stuff stopping you?* | Elizabeth Dulemba | TEDxUniversityofEdinburgh <http://tinyurl.com/y9qphz66>
- *Getting rid of 1000 things* | Liz Wright | TEDxBedford <https://www.youtube.com/watch?v=T33vGEPL-wq>
- *The Art of Letting Go* | The Minimalists | TEDxFargo <https://www.youtube.com/watch?v=w7rewjFNiys>
- *A Secular Sabbath* - Pico Iyer <http://ideas.ted.com/why-we-need-a-secular-sabbath/>



## Option D: A Week of Abundant Poetry

This month take a week and weave abundance into your daily meditation practice. There are a number of moving and challenging poems in our “Companion Pieces” section. As your spiritual exercise this month, use five of them to create a week’s worth of meditations on abundance. Consider the practice of reading through the poem 2-3 times, choosing a different focus question for each reading. For instance, when reading through it the first time, simply ask yourself, “What line or phrase pops out for me?” On your second reading, ask yourself, “Who or what am I in the poem?” Other focus questions might be: “What is the poem asking me to do today?” or “Who is the poem asking me to engage in a new way?” Pause after each reading to reflect. Carry the experience with you into your day. Come to your group ready to share how your week’s worth of poetry and meditation altered your days.

Here’s the list of poems we recommend, but of course alter as needed:

### MONDAY

Desire by Michael Blumenthal <http://tinyurl.com/ybybj2al>

### TUESDAY

Otherwise by Jane Kenyon <https://www.loc.gov/poetry/180/050.html>

### WEDNESDAY

Monet Refuses the Operation by Lisel Mueller <http://tinyurl.com/y8ucvsdh>

### THURSDAY

The Fountain by Denise Levertov <http://tinyurl.com/y8rtgwsv>

### FRIDAY

An Abundant Spirit by Edward Frost

I love those who are angry with me  
Because they care deeply about something  
They feel I may have hurt.  
I love those who criticize me  
Because they need something they think I can give.  
I love ‘wifty’ people  
Because their minds are usually in a nicer place  
Than where we think we really are.  
I love shy people  
Because they are more like me, really,

Than the blustery and self-assured  
Whom I love because I know how they really feel.  
I love the know-it-alls  
Because they know they don’t know what is really  
important.  
I love those who talk too much  
Because I know how much they fear the silence.  
And I love the quiet ones  
Because they are usually listening.  
I love those who love me - - in spite of what they  
know.



## 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 single 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 people of abundance means for you and your daily living. So, which question is calling to you? Which one contains "your work"?*

1. What would happen if you decided that abundance was lying around waiting for you to notice it, rather than something you earn or win?
2. What might it mean to allow yourself to be healed by the abundance all around you?
3. Do you love that which is plentiful or that which is scarce?
4. Is clinging to the pursuit of what you want cutting you off from noticing what you have?
5. If life has led you into a puddle, are you still staring at your mud-covered feet? Or are you ready to look up and notice that the wide open sky never went away?
6. Are you a swamp or a stream? Do you collect and hoard abundance or let it flow through you?
7. Have you had enough of not feeling like you are enough?
8. Does time no longer feel abundant? Is that being forced on you? Or might you have a choice?
9. Are the best things in life really free? If so, how many will you pick up or lean into today?
10. Are you jealous of others' abundance? Have you ever considered the possibility that those very same folks are jealous of yours?
11. Who validates the abundance of who you are? Who has helped you present your whole self to the world? Have you thanked them lately?
12. Is it really true that you are right and they are wrong? Or could the truth be more abundant than that?
13. For many of us autumn is abundant with leaves blazing full of color. But if you blink, they are gone. What temporary blaze of abundance do you need to pay attention to before time runs out?
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.





## Resources for Personal Exploration & Reflection

*The below recommended resources are not “required reading.” We will not analyze these pieces at our small group meeting. Instead they are here to companion you on your personal journey this month, get your thinking started, and open you to new ways of thinking about what it means to be part of a people of ABUNDANCE.*

### Word Roots

In Latin, *unda* means "wave", or poetically "sea". The Romans combined *ab*, "from", and *unda* into the word *abundare*, "to overflow"; literally, "to come from the waves" or "from the sea"; applied to anything very plentiful. Inundate, "to flood", also comes from *unda*, as does undulate, "to move like the waves". An interesting side-note: in ancient Egyptian *ab* means heart.

### Wise Words

Do I contradict myself? Very well, then I contradict myself, I am large, I contain multitudes.

*Walt Whitman*

It's not what we have that constitutes our abundance, but what we appreciate.

*Jules Petit-Senn*

When we see that our days are replete with abundance, we are less afraid. When we are less afraid, we connect more. The more connections we see in our lives, the more abundance we notice.

*Rev. Deanna Vandiver*

I have the world's largest collection of sea shells. I keep it scattered on the beaches of the world. Have you seen it?

*Steven Wright, comedian*

This could be our revolution: to love what is plentiful as much as what is scarce. *Alice Walker*

The soul does not grow by addition but by subtraction. *Meister Eckhart*

If you let go a little, you will have a little peace. If you let go a lot, you will have a lot of peace. *Ajahn Chah*

Abundance is a process of letting go; that which is empty can receive. *Bryant H. McGill*

“The Buddhist word for attachment is “do shag” which literally translates to mean “sticky desire.” I love this translation! If you really think about how you feel when you are grasping for something that you really want, you can feel its sticky pull. And until you figure out a way to get it, you feel this longing and obsession. We have all been there with different things and at different times in our lives. In a world that entices us with constant cravings and sticky desires, we can slow ourselves down and let go of attachment to that desire for more. And surprisingly, without fail, if we let go, we will receive...” Rev. Karon Sandberg

The feeling of peace is something that happens in the present moment. It's not something that we bring with us from the past or project into the future.

*Jill Bolte Taylor, My Stroke of Insight*

“It takes three things to attain a sense of significant being: God, A Soul, and a Moment. And the three are always here.” *Rabbi Abraham Joshua Heschel*

Out of abundance, they took abundance, and still abundance remained. *Upanishads*

My barn having burned down I can now see the moon. *Mizuta Masahide*

Abundance is not about having what you want, but about noticing what you have, and multiplying it through sharing it, multiplying it through your manner of being in this world. *Rev. Angela Herrera*



Be a stream, not a swamp. Remember, it is the mountain stream that carries fresh, life-giving water because it flows out. However, the swamp is stagnant. A swamp collects and retains water that comes its way. Don't be the kind of person who seeks to accumulate much before allowing a little to flow through.

*Victor M. Parachin*

"Our task is to learn who planted this orchard that we are now sitting in and to lift up their names. Our task is to name the names and celebrate the fact that... we are standing on the shoulders of many giants. As the season of harvest as it comes upon us - it is a time to celebrate the lasting gifts and the many fruits of unseen hands."

*Rev. Daniel Gregoire*

For me, the opposite of scarcity is not abundance. It's enough. I'm enough. My kids are enough. You're enough." *Brené Brown*

We are beset with the fear of scarcity – not just economic scarcity, but fear that all our resources are limited... We grow up thinking that we are not good enough or wise enough or athletic enough or rich enough... enough to do what? To live up to the expectations others thrust upon us. We should decide for ourselves when enough is enough – but too often we let the pressures of the world decide this for us, and we find ourselves lacking. *Rev. Anne Mason*

## Just Enough

*Nanao Sakaki*

Soil for legs  
Axe for hands  
Flower for eyes  
Bird for ears  
Mushrooms for nose  
Smile for mouth  
Songs for lungs  
Sweat for skin  
Wind for mind

Those who know my mantra sometimes test me with it. "So, Forrest, do you really want cancer?" "I want what I have," I reply. "...Each day that I am sick, I pray for the sun to come up, for people to love me, for manageable tasks that I can still accomplish, for a little extra courage, for reality to blow all the detritus off my plate. In short, I back away from the be-darkened pane of my health to gain a prospect of the whole window I am blessed to look through. The light then dances again in my daughter, Nina's, eyes. I laugh once more at my little foibles. My son, Frank, and I celebrate the Mets' acquisition of an all-star pitcher. I call my dear friends, Jack Watson or Peter Fenn, on the phone and talk for an hour about everything under the sun. Yes, I kvetch at unseemly waits at the chemo center (until I realize how many other folks have cancer and are waiting in line for their treatments also). I fall into a sour humor when my body wears down and cannot do what I want it to (until I shift gears and tackle something that lies well within my powers, like a moderately difficult sudoku or one of Robin Hobb's splendid fantasy novels, where almost every character is doing worse than I am). I even snap at my wife, Carolyn, when she tries too hard to fatten me up for the kill. But that, too, eventually is good for a laugh. So I do want what I have, even as I do what I can..."

*Forrest Church, from Love & Death*

## The Wild Geese / What We Need is Here

*Wendell Berry*

Full poem found here: <http://tinyurl.com/y79bw5cv>

"...Geese appear high over us,  
pass, and the sky closes. Abandon,  
as in love or sleep, holds  
them to their way, clear  
in the ancient faith: what we need  
is here. And we pray, not  
for new earth or heaven, but to be  
quiet in heart, and in eye  
clear. What we need is here."

**Desire (Don't miss this one!)**

Michael Blumenthal

Full poem found here: <http://tinyurl.com/ybybj2al>

"Let's just say I seem to be enjoying these three chicken drumsticks  
far more than the young man doing sit-ups just across the lawn..."

**Otherwise**

Jane Kenyon

Full poem found here: <http://tinyurl.com/y782ektr>

I got out of bed on two strong legs.  
It might have been otherwise.  
I ate cereal, sweet milk, a ripe, flawless peach.  
It might have been otherwise...

**Monet Refuses the Operation**

Lisel Mueller

*The ability to find abundance in the midst of supposed scarcity*

Full poem found here: <http://tinyurl.com/y8ucvsdh>

Read by author here: <http://tinyurl.com/ya3b5u88>

"Doctor, you say there are no haloes  
around the streetlights in Paris  
and what I see is an aberration  
caused by old age, an affliction.  
I tell you it has taken me all my life  
to arrive at the vision of gas lamps as angels,  
to soften and blur and finally banish  
the edges you regret I don't see,..."

**The Fountain**

Denise Levertov.

Full poem found here: <http://tinyurl.com/y8rtgwsv>

"Don't say, don't say there is no water  
to solace the dryness at our hearts.  
I have seen the fountain springing out of the rock wall  
and you drinking there. And I too  
before your eyes..."

**Inventing Sin**

George Ella Lyon <http://tinyurl.com/y7sgonkb>

God is fed up  
All the oceans she gave us  
All the fields  
All the acres of steep seedful forests...

God sees us now  
gorging ourselves &  
starving our neighbors  
starving ourselves &  
storing our grain  
& She says  
I've had it..."

## Songs and Music

The Best Things In Life Are Free (sung by Sam Cooke)

<https://www.youtube.com/watch?v=M34B60Nct6k>

Soak Up The Sun

Sheryl Crow

[https://www.youtube.com/watch?v=KIYiGA\\_rlls](https://www.youtube.com/watch?v=KIYiGA_rlls)

Beautiful Day - U2

<https://www.youtube.com/watch?v=co6WMzDOh1o>

3B4JOY A Cappella: <http://tinyurl.com/ydgahekh>

Thankful

Jonny Lang (feat Michael McDonald)

<http://tinyurl.com/ydylswdv>



## Videos

### When the Glass Looks Half Full

<https://www.youtube.com/watch?v=RWKNwzGL8CO>

### The Free Hugs Movement & the Abundance of Connection...if we reach out

Official Campaign: <http://tinyurl.com/ckzlvbx>

### This Is Not A Humanizing Poem

*Suhaiymah Manzoor-Khan*

<http://tinyurl.com/ybks6qd3>

A call to celebrate the abundance of who you are, as you are! Do not allow yourself to be reduced to "the relatable and respectable"! "If you need me to prove my humanity, I'm not the one who's not human."

### The Danger of a Single Story - TED Talk

*Chimamanda Ngozi Adichie*

<http://tinyurl.com/ydbfg974>

How single stories deplete and separate us. How an abundance stories and story lines save us and help us see each other in our fullness.

### The Paradox of Choice - TED talk

*Barry Schwartz*

<http://tinyurl.com/j4asubv>

Psychologist Barry Schwartz takes aim at a central tenet of western societies: freedom of choice. In Schwartz's estimation, choice has made us not freer but more paralyzed, not happier but more dissatisfied.

### FOMO: The Fear of Missing Out

<http://tinyurl.com/yacgmj9j>

Anxiety, abundant choices and the desire to have it all.

### Enough Time: A Short Story

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

"Time is what I want most but what I use worst..."  
Does time no longer feel abundant? What might it take for you to remember you have a choice to take it back?

### The Lens of Intersectionality: Honoring the Abundance of Who We Are:

Intersectionality 101:

<https://www.youtube.com/watch?v=w6dnj2lyYjE>

Kids Explain Intersectionality:

<https://www.youtube.com/watch?v=WzbADY-CmTs>

Kimberlé Crenshaw - On Intersectionality

<https://www.youtube.com/watch?v=-DW4HLgYPIA>

## Articles

### Forgiving the Broken (Allowing ourselves to be healed by the abundance around us)

*Rev. Myke Johnson*

<http://tinyurl.com/yd9g9crl>

"I am able to accept our brokenness when I feel the Sun shining down on us despite it all. When I feel the water claiming us as her own, the flowers blooming, the food growing, the birds singing. The beauty of this earth teaches me that there is something very good even in the midst of our brokenness..."



## The Power of Gratitude and Perspective

Daphne Greer <http://tinyurl.com/y8gher5k>

My point: Among the daily stress, tension, and challenges of life, stop and search for gratitude. What a gift it is to even be alive. For that car that is broken, give thanks that you have a car to fix. For that necessary and expensive home repair, give thanks and realize what a gift it is to even have a home. For that taxing job, give thanks that it pays the bills. For that exhausting child, give thanks for their strong personality and recall how wonderful it was the day they were born. Find perspective. Embrace it. Look with eyes of wonder..."

Five Ways to Allow Abundance in Your Life

<http://tinyurl.com/ybhej7jk>

## When It's Bad to Have Good Choices

Maria Konnikova

<http://tinyurl.com/lv4mxo4>

## Abundance Without Attachment Arthur Brooks

<http://tinyurl.com/y9fxqp8o>

"Call it the Christmas Conundrum. We are supposed to revel in gift-giving and generosity, yet the season's lavishness and commercialization leave many people cold. The underlying contradiction runs throughout modern life. On one hand, we naturally seek and rejoice in prosperity. On the other hand, success in this endeavor is often marred by a materialism we find repellent and alienating... So here is my central claim: The frustration and emptiness so many people feel at this time of year is not an objection to the abundance per se... It is a healthy hunger for nonattachment..."

## Purchase An Abundance of Experiences, Not Things!

The Atlantic <http://tinyurl.com/y94dnmma>

## The Vitality of Diversity - Parker Palmer

<http://tinyurl.com/y7kaxo4a>

An exploration of the parallels between biodiversity and social diversity, and a call for America to embrace its abundance of cultures.

## Books

### The Paradox of Choice: Why More Is Less

Barry Schwartz

<http://tinyurl.com/yde7tztt>

### The Tao of Abundance: Eight Ancient Principles for Abundant Living By Laurence Boldt

<http://a.co/f6Mcdas>

### A Simple Act of Gratitude: How Learning to Say Thank You Changed My Life John Kralik

<http://tinyurl.com/ycuxcx8d>

"At age 53, John Kralik found his life at a terrible, frightening low: his small law firm was failing; he was struggling through a painful second divorce; he had grown distant from his two older children and was afraid he might lose contact with his young daughter; he was living in a tiny apartment where he froze in the winter and baked in the summer; he was 40 pounds overweight; his girlfriend had just broken up with him. Then, during a desperate walk in the hills on New Year's Day, John was struck by the belief that his life might become at least tolerable if, instead of focusing on what he didn't have, he could find some way to be grateful for what he had..."





## From Age-ing to Sage-ing: A Revolutionary Approach to Growing Older (the abundance of aging) Zalman

Schachter-Shalomi, Ronald S. Mille

<http://tinyurl.com/ybmfotqc>

Over two decades ago, beloved and respected rabbi Zalman Schachter-Shalomi felt an uneasiness. He was growing older, and fears about death and infirmity were haunting him. So he decided to embark on mission to get to the bottom of his fears. Through a series of events that included a vision quest in a secluded cabin and studying with Sufi masters, Buddhist teachers and Native-American shamans, Reb Zalman found a way to turn aging into the most meaningful and joyous time in his life.

## Movies

The Curious Case of Benjamin Button

<http://tinyurl.com/ycp5yl47>

Sometimes it takes living our lives in reverse to notice how abundant our lives really are!

It's A Wonderful Life

<https://www.imdb.com/title/tt0038650/>

It is not too early to watch this holiday classic about noticing the abundant gifts right in front of us!

Smoke Signals (*Native American Heritage Month*)

<http://tinyurl.com/y7j8fvl6>

Smoke Signals is a humorous yet serious story about Victor, a young man who Director Chris Eyre describes as "trying to forgive his father." The movie gives us a glimpse into the contemporary Native American world.



© 2017-18 Soul Matters ALL RIGHTS RESERVED

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

## TLC October Start-Up

Theme-based Listening Circles are small groups of up to 12 people that meet monthly to explore the theme of the month using a deep listening model. This is one of the ways we develop deeper relationships in our congregation; they will begin this month.

Currently there are groups meeting:

Every 4th Sunday (2 groups with room for new people)

Every 4th Thursday 12:30 – 2:30

TLC Coordinator needed to help with organizing/communication. Time commitment: September, 4 -5 hours; October to June, 1 - 2 hours per month. Responsibilities include: working with Rev Debra to organize TLC start up, respond to email requests for information or to register from the CUU website. Contact Rev Debra if interested or with questions.



## Adult Religious Education: Fall Programs

Summer is often a chance for relaxing, considering our values and beliefs and perhaps lining up new programs or volunteer projects we will take on in the fall. This fall consider joining us for one or all of the following ARE programs!

- ***Truth, Healing and Reconciliation (THR)***: Tuesday October 2, 7:00 – 9:00 pm. Exploring/Planning Session  
We will explore the CUC's and our response to the national Truth & Reconciliation Commission. This session will determine our next steps, depending on the group's interest. We could use the Canadian Unitarian Council's THR Reflection Guides, form study groups, do a shared reading. There are so many options, which will be determined collectively.
- ***Death is not an Option***: Wednesday evenings, 7 to 9 pm. October 3rd to October 31st. A practical and heart centred look at death and dying while living our lives to the fullest. We will discuss being prepared for illness and death, including having a will, a personal directive, enduring power of attorney and end of life ceremony plan. Being prepared also includes looking death in the face — understanding the dying processes, end of life care options including medically assisted dying, and coming to terms with our mortality — physically, psychologically and spiritually.
- ***Dances of Universal Peace***: Sunday, October 28, 2 to 4:30 pm. Sing and dance to spiritual chants and songs of peace.

Questions? Ideas for a future program?

Contact Wendy Benson for more details: [adultprograms@calgaryunitarians.ca](mailto:adultprograms@calgaryunitarians.ca)

Look for more information on upcoming programs in the Quest and eNews.



## Order Your Co-Op Cards Now!



There truly is strength in numbers! The more Co-Op gift cards we order, the more money is made for Calgary Unitarians (CUU). This is the easiest, most efficient way to make a financial contribution to Our Beloved Community. When we spend \$5000 or less on cards, CUU receives 4% of that total. When the CUU order is between \$5000 - \$9999, 6% of the total goes towards our budget. And when \$10,000 or more is spent, Calgary Unitarians will net a whopping 9% of that gift card order. Now that is a LOT of dough!

Consider increasing your October purchase for hosting fall dinners. Thanksgiving is coming!

These cards are convenient, easy to use, and

help support the good work that Calgary Unitarians does in the community. It is truly a win-win proposition! Co-op has cards for different purchases, one type of card to purchase groceries and gas; a different one for purchases at Co-op Wine Spirits Beer locations.

Place your **October Gift Card order** Sunday, October 7th

Pick up your order the following **Sunday**, October 14th

**We accept cheques, cash, or e-transfer; postdated cheques are welcome!**

**These gift cards can be used either as gifts or for your own purchases. Please specify at the time of ordering which type of gift cards you are requesting.**

How it works:

1. On the first Sunday of the month, using cash, cheque, or e-transfer place your order at the table in Wickenden Hall before or after the service. If you are not attending the service on the first Sunday of the month, you can leave postdated cheques in the Co-op Card/Fruit Cake Cheques mail slot in the administration office.

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

3. Use the gift cards like cash when you make purchases at Calgary Co-op. You receive immediate cash discounts with gas purchases that can be used in Co-op grocery stores; cards must be redeemed inside the gas bar when purchasing gas. When you become a member of the Calgary Co-op you also receive dividends at the end of each year. It's just that easy!





## **We WANT**



## **To Participate in the Upcoming Congregational Survey!**

It's coming! We're busy getting the triennial congregational survey ready. This 2018 version is important because your voice will be heard. Your answers and comments will guide our leaders in their decision making and visioning for our congregation. Our Board has already given us their feedback, and the "Beta" test of the survey went out on September 23 to committee representatives on the Council of Committees for their valuable feedback.

The congregational survey will be sent to you via email or available in the eNews on **October 21st**. We are counting on you to give us your ideas, comments and suggestions!

**Please** take the time to fill out the survey - when you do, your name will go into a draw for PRIZES! We'll be watching for the surveys to pour in!

~Brandis Purcell, on behalf of the Committee on Shared Ministry

## **We Need Your Help: Volunteer Sign Up Made Easy!**

Have you ever wondered how things run so smoothly on Sunday mornings? The coffee is always on, the warm welcome you receive upon arrival, things are all set up and ready to go, and the ushers handing you the order of service and show you to a seat. It's all managed and run by volunteers, people just like you! If you haven't had the opportunity to volunteer, would like to do so, or wish to do more, please visit our volunteer sign up page at [SignUp.com](http://SignUp.com) or you can talk to one of us on Sunday.



### **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](http://SignUp.com).

**Coffee Prep or Cleanup** - <http://signup.com/go/MuUAPaH>

**Ushers** - <http://signup.com/go/iJvGdSM>

**Welcomers** - <http://signup.com/go/WSWPzsf>

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

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

~ Eric Leavitt, Barbara Lane, Donna Antonio and Brandis Purcell



## How to Reach Our Staff

### Minister

Rev Debra Faulk  
[debra@unitarianscalgary.org](mailto:debra@unitarianscalgary.org)  
403 702-6486

### Director of Religious Exploration / Youth Program Coordinator

Sheila MacMaster 403-404-1361  
[dre@unitarianscalgary.org](mailto:dre@unitarianscalgary.org)

### Music Director

Jane Perry  
[music@unitarianscalgary.org](mailto:music@unitarianscalgary.org)

### Administrator

Martha Mantikoski  
[office@unitarianscalgary.org](mailto: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](http://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/](http://www.unitarianscalgary.org/newsletter/).

Submissions of articles, photographs, and event announcements are encouraged. Questions about the Quest, please email:

[quest@unitarianscalgary.org](mailto:quest@unitarianscalgary.org).

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

## ENEWS

The ENEWS is 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](mailto: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](mailto: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](mailto: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](mailto:caring@unitarianscalgary.org)