

# The Quest



## November 2018 Services: Courage

### November 4<sup>th</sup> Courage Spirit Jam

Spirit Jam services are multi-generational with time all together and time to explore the theme in a smaller focus group.

- **Courage to Speak Up!** - Wickenden Hall A conversation and inquiry of why we do, do not do and what stops us.
- **Courage to Act!** - Experience Improv Drama led by members of our Youth in the Bird and Stone Theatre downstairs.
- **Courage to Create!** - Join us in Room 1 as we create an amazing collaborative Unitarian art piece, using tissue paper collage.
- **Courage to Sing Out** – So many have had the experience of being told they can't sing, oh yes you can, take a courageous leap and try in the safe space of our sanctuary.

**Service Facilitators:** Mary Anna Louise Kovar and many others

**Music:** Music Director Jane Perry

### November 11<sup>th</sup> The Courage to Wage Peace

This is the annual day set aside to honour veterans, their courage and sacrifice, and we will do that; it is also a day that recalls and heart the presence of war. Can we have the courage to wage peace?

**Service Facilitators:** Rev Debra Faulk and Cathy Welburn

**Music:** Music Director Jane Perry with Chor Vida

### November 18<sup>th</sup> Differently Abled, Courageous?

This morning's service is inspired by Ian Clipperton and will include his new member ceremony. Ian has numerous ability concerns and welcoming him as a full member has required us to confront some interesting issues. While he has inspired this service, it is about more than just him. The service will be filled with music and celebration as well as some challenges.

**Service Facilitators:** Rev Debra Faulk, Penny Clipperton, Barbara Lane and Mitch Graham

**Music:** Music Director Jane Perry, Unitarian Choirs and musical guests.

### November 25<sup>th</sup> Faces of Courage

The term courage may conjure up the idea of acts of bravery or daring, but there are many faces of courage and acts of bravery. Some of us can be less than daring, perhaps even downright ordinary, yet we are every bit as courageous.

**Service Facilitators:** Jeb Gaudet and Rev Debra Faulk

**Music:** TBC

### November 4-Others

**4-Others for November** is Calgary Alliance for the Common Good (formerly Metro Alliance for the Common Good). Their mission is to create a broad-based alliance, building relationships among organizations and people from various community, ethnic, non-profit, labour, and religious groups. Their goal is collaborating to transform our city into a community which acts justly and respects all. UCC is a member organization and hosts the Reconciliation Research Action Team. Rev Debra serves on their Board of Directors.

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## Debra's Deliberations



The November theme of courage has been present with me, it has captured my attention and shown up in different ways. This is one of the hopes in having monthly themes, that it serves as a lens to notice things more deeply or from a different perspective. There have been a few conscious influences that have expanded my thinking about courage.

A couple of up-close stories about courage:

The father of our sponsored family Tareq, has received a fair bit of publicity with the story of how his cello saved his life in Iraq. His instrument has been repaired. Tareq's story is one of both courage and generosity of spirit.

Rev Fulgence's October visit and his story influence my deliberations about courage – first because of the courage demonstrated in his escaping persecution in Burundi for his Unitarian faith, then settling in a completely different culture (and climate!) and his continued work on behalf of the other Burundian Unitarian refugees in Rwanda. Again, courage and generosity of spirit: the special offering when he was here raised \$835 and 10 ongoing sponsors – wow! Also, because we looked for French music and readings to honour the virtual Francophone UU Ministry he has initiated, I noticed the word courage begins with the word *cour*, reminding me of the French word *coeur*, heart. Courage = heart rage or heart age and pondering how even the simplest acts of courage require acting from our hearts, for what is important, or as in the case of Tareq and Fulgence, survival.

Welcoming Rabbi Osadchey to a service reminded me of our trip to Amman Jordan to accept the Gold Medal for the Calgary Interfaith Council's work during World Harmony Week. For us here in Canada, there is no threat to our personal safety in doing such work. Other attendees acknowledged that the work they did was very risky. Courage to act on what we believe in might have different consequences for us in the West.

This year, Remembrance Day falls on a Sunday. There is so much debate about this day and whether it glorifies war; it does not feel so to me. I honour it every year; while reflecting on the courage to be peacemakers.

This brings me to my participation in a year-long Indigenous Elder-Led Reconciliation and Healing process with other members of the clergy. On the first day-long gathering, the Elder's stories were stories of survival, courage and tenacity. However, what rests on my heart is the Elders' comments that what we are doing together is courageous. It takes courage to have these difficult conversations, and to be willing to truly understand different perspectives.

So many ways that this idea of courage shows up. Many Sunday mornings I speak with people who arrive for the first time. People who seek community, to both belong and contribute to; a place to explore the big questions in life. It can be an act of courage to just to step through the door.

And for some just facing another day is an act of courage.

May November's rich theme engage us in deepening our understanding, our willingness to risk and to see from different perspectives. May we each have the courage to hear each other's stories and radically welcome others.

Namaste,  
Debra

**Sunday November 24** at 4:00 pm we will be hosting members of Beth Tzedek Jewish Congregation who are curious about Unitarian Universalism. Rev Debra would like a few others to host with her, to show our radical hospitality and offer words about what living this faith means to you.

*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

### Reflections on Right Relationship

#### UUA - Rev David Miller

We often hear the question, "Is there a spiritual practice that is particularly Unitarian Universalist?" I believe that there is—living into our covenantal relationships.

Being in community can be challenging. But being in a faith community can give us the opportunity to explore our edges and test our assumptions. Covenant offers us an invitation to be curious and humble, to make room for mistakes by pre-promising that—when we fail—we are willing to forgive and try again.

I thought these eighteen questions could be helpful for congregational leaders as a reminder of how we might—as a spiritual practice--remain true to our covenants:

1. Am I assuming the good intentions of the other?
2. Am I communicating directly with the person with whom I am having an issue?
3. Am I resolving issues or am I spreading them through gossip, anger and/or frustration?
4. Am I reflecting on what personal wounds, issues, and tendencies of mine that are contributing to the issue?
5. Am I willing to be an active participant and to work in good faith to clear up issues?

6. Am I projecting on to someone else through my own framework what they are thinking or doing vs. engaging them and asking them to share their thoughts and story?

7. Am I trying to live the principles and values of Unitarian Universalism by acting with compassion, respect and a high value of our interdependence?

8. Am I actively listening to what others are saying and not formulating a response or the next comment or question while they are talking?

9. Can I let go of my need to control the situation?

10. Can I graciously leave space for others by letting someone else speak first or by not speaking my mind if the point has been raised or made already?

11. Can I encourage the life of another or the group in my words and actions?

12. Can I have disagreements with an individual or group, do so in love and respect, and continue to stay in community?

13. Can I consider the importance of the task in relation to the importance of the relationship?

14. Can I reflect on how my attitude and actions contribute to the tone of our community?

15. Am I willing not to have to be right?

16. Am I being the change I wish to see in the world, and that means really acting the way I would like others to act?

17. Am I willing to be changed?

And finally, can I remember to ask the question, "What is the most loving thing I can do or say right now?"



## ♪ UpBeat News with Jane Perry ♪

### Wrapping up October...

**Cheering for the Coffee Choir!** Our choir for everyone wrapped up its first session on October 23. Thanks to all who participated! The second session of Coffee Choir will begin on Tuesday, February 12, 2019 at 1:30pm in Wickenden Hall. Join us!



From October 26 through 28, Calgary Unitarians Music Director Jane Perry had the pleasure of being the workshop pianist for **Rev. Jason Shelton's** choral session "Building Communities of Joyful Resistance" at the Canadian Unitarian Council's Western Regional Fall Gathering in Winnipeg. Jason is a well-known and much-loved UU choral conductor and clinician, as well as the composer/arranger of some of our favourite hymns: The Fire of Commitment, Life Calls Us On, Blue Boat Home, and so many others! This is the fourth time that Jason and Jane have worked together.

### News for November....

**"Creation Stories": our choirs' winter concert!** Saturday, November 17 at 7:30pm in Panabaker Hall. UUphonia, Chor Vida and friends perform a programme of music and storytelling that celebrates the power of both diversity and unity. Reception to follow. Tickets will be available at Sunday coffee hour starting on Sunday, October 28 and online at [www.brownpapertickets.com](http://www.brownpapertickets.com): \$20 regular, \$15 senior/student. Pay-what-you-can option, and free for children age 12 and under.

### And looking ahead to December...

#### Resident choirs in concert!

Sunday, December 2 at 7:30pm: Calgary Renaissance Singers & Players present "A Christmas Pilgrimage", with guests John van Leeuwen (recorder) and Joan Kent (viola da gamba.) St. Stephen's Anglican Church.

[www.renaissance-singers.com](http://www.renaissance-singers.com)



Wednesday, December 5 at 12:10pm. Calgary Renaissance Singers & Players perform a free noon-hour concert as part of the long-running ProArts@Noon concert series. Cathedral Church of the Redeemer.

Saturday, December 8 at 7:30pm. One Voice Chorus presents "Sugar: The Concert", with guest ensemble the BarberEllas. St. Stephen's Anglican Church.

[www.onevoicechorus.ca](http://www.onevoicechorus.ca)

Saturday, December 15 in the afternoon. Vocal Latitudes presents "Ring Them Bells!" Calgary Unitarians.

[www.vocalatitudes.org](http://www.vocalatitudes.org)



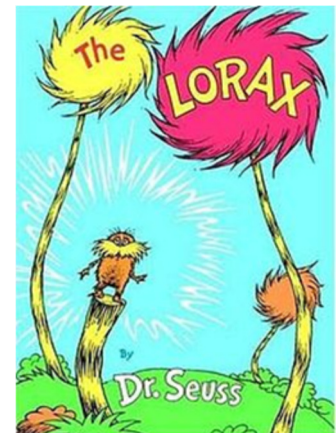
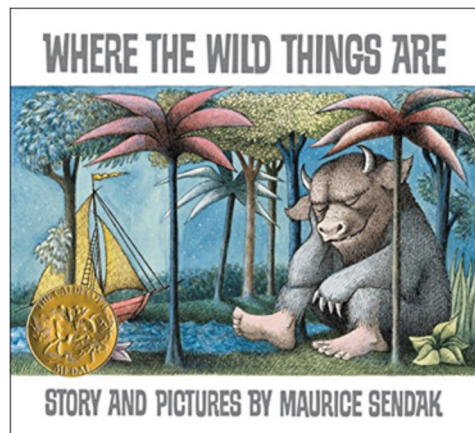
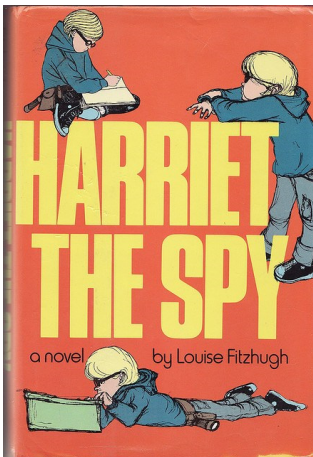


### Our Banned Book Library Begins – Donations Welcome!

We are starting a Banned Book Library for all ages, as an act of social justice, to spark family conversation around freedom of speech, and to investigate how ideas can challenge society and the status quo. If you have any books that have a history of being banned or challenged that you'd like to donate, please contact Director of Religious Education Sheila MacMaster at [sheila@calgaryunitarians.ca](mailto:sheila@calgaryunitarians.ca)

We will be creating sections for children, youth, and adults.

Here are some examples of banned and challenged books we'd love for our library:



***The Harriet the Spy* by Louise Fitzhugh**, the book was **banned** in 1983 from several schools for being “a bad example for children.” It was also challenged for teaching “children to lie, spy, talk back, and curse.”

***Where the Wild Things Are* by Maurice Sendak**, in 1963 the book was primarily **banned** in most southern states immediately following its publication, and it has since been challenged due to the fact that it promotes “witchcraft and supernatural events.”

***The Lorax* by Dr. Seuss**, in 1989 a California school district **banned** the book and claimed that it “criminalized the foresting industry” and would influence children against logging.

***The Giving Tree* by Shel Silverstein**

***James and the Giant Peach* by Roald Dahl**

***Anne Frank: The Diary of a Young Girl* by Anne Frank**

***Bridge to Terabithia* by Katherine Paterson**

***Charlotte's Web* by E. B. White**

***Alice in Wonderland* by Lewis Carroll**

***Charlie and the Chocolate Factory* by Roald Dahl**

***The Wonderful Wizard of Oz* by L. Frank Baum**

***The Merriam-Webster Dictionary***

***The Harry Potter Series*, by J.K. Rowling**

***The Giver*, by Lois Lowry**

***A Wrinkle in Time*, by Madeleine L'Engle**

***Are You There God? It's Me, Margaret*, by Judy Blume**



## Don't Miss Out on These Amazing Fruitcakes!

**While we still have fruitcakes for sale, don't delay placing your order to avoid disappointment.**  
You can order your cakes by emailing [fruitcakes@calgaryunitarians.ca](mailto:fruitcakes@calgaryunitarians.ca) or calling 403-283-7162.

Here are your four fabulous fruitcake choices:

### **Mary Smyth's Dark Fruitcake:**

Raisins, dates, figs, currants, candied fruit, walnuts.

Fantastic with some cheddar cheese!

### **Mary Smyth's Light Fruitcake:**

Candied fruit, golden raisins and almonds.

Just perfect on its own!

### **Mary Jane's Millennium Fruitcake:**

Apricots, cranberries, figs, apples, pecans.

Great with orange Muscat dessert wine, ice wine or sauterne!

### **Mary Jane's Chocolate Fruitcake:**

Bing cherries, dates, figs, chocolate, walnuts.

Terrific with port or raspberry dessert wine!

Each cake is 925g, baked with the finest ingredients and lots of love. They come attractively gift wrapped and are \$35 each. No cake contains any alcohol. All proceeds support our operating budget.

Cakes will be ready for pick up by the end November.



As we come to the end of the anniversary year – 450<sup>th</sup> of Unitarianism, 60<sup>th</sup> of the re-established Calgary Unitarians and 50 years in this building, we acknowledge the importance of remembering our roots. Thanks to the History and Archives Team who have curated the history of this congregation. Their dedication and attention have been such a gift.

The Celebration Dinner was delightful – the memorabilia, the presentations and the food; it all was exceptional. Many thanks to all who contributed and participated.

Dean Kasner, Joan Brown and the Anniversary Dinner kitchen team – you are amazing!

Audio Visual volunteers - those folks who manage audio and visual for Sunday mornings and other times, you are so essential and thanks.

DinnerFest – hosts and participants; what a great community-building fundraiser.

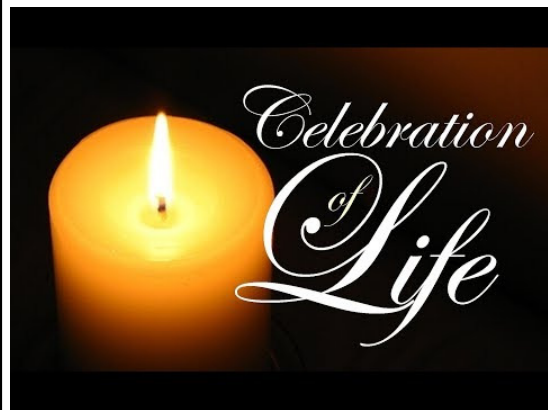
Pam Rickey & Sabrina del Ben - Thanks for joining the Board!

Donna Antonio for defrosting the refrigerator and freezer in the Wickenden kitchen... brrr and great job!

Neil Morton, usher extraordinaire.

All the ghouls and goblins who helped with snacks and tickets for Silent Movie Night; a ghoulish time was had by all!

If you spot someone quietly going above and beyond as a volunteer, please email their name and a short description of their awesomeness to [kudos@calgaryunitarians.ca](mailto:kudos@calgaryunitarians.ca).



## **A Tea in Honour of Karl Meyer** Sunday November 18<sup>th</sup> 12:30

Long time member and friend, Karl Meyer, passed away earlier this fall. His family chose to have a small family only celebration of his life. We will honour him by holding a tea. This will be a casual event with a few words and time for remembering and sharing stories. If you would like to help please connect with Rev Debra, Duff Bond or Marie Collins.



## 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 what's on the menu for November's Fun Fridays:

## Your Hosts: Charlene Hoepfner & Ned Leavitt

- |                    |   |
|--------------------|---|
| <b>November 2</b>  | <b>Green Sanctuary Movie Night</b> - Biophilic Design - 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. |
| <b>November 9</b>  | <b>Family Movie Night</b> – Popcorn and a movie for the whole family.   |
| <b>November 16</b> | <b>Fun &amp; Games</b> – Bring your favorite games or a deck of cards – perhaps a snack to share and your preferred beverage.   |
| <b>November 23</b> | <b>Youth/Young Adult</b> Are your hosts for their chosen movie and invite all to attend discussion to follow.   |
| <b>November 30</b> | <b>Christmas Crafting</b> Card & decoration making, other Christmas crafts, cooking, baking & decoration of cookies – fun for the whole family!   |







## 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.



## Join Us for November's Pub Night...



**When: November 7th** from 7:00-9:30pm

**Where: Kensington Pub-** 207 10A St. NW

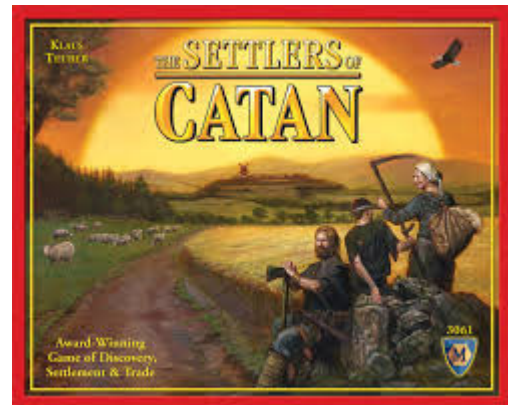
[www.kensingtonpub.com](http://www.kensingtonpub.com)

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!

## Young Adults Board Games Day

**When: November 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.

Truth  
Healing  
Reconciliation



## Our Commitment to Reconciliation

As we continue our commitment to engage in the process of reconciliation we want to offer options for people. There is now a space on the bulletin board in Wickenden that will provide suggestions for reading, videos/movies, events and other opportunities. If you have something you would like to share, please contact Pam Rickey or Rev Debra. In November we will host viewing and discussion of the Aboriginal People's Television Network's (APTN) mini-series **First Contact**. There are 3 one hour episodes in the series. We will watch an episode and then have a discussion.

**Tuesdays in November: 13, 20 & 27 7:00 – 9:00 pm.**



## Stewardship Meeting

The Annual Stewardship (congregational business) meeting will be held December 2, 2018 from noon to 2:30. Annual reports and financial statements will be reviewed.

**Please plan to attend.**



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

*"Courage doesn't always roar."  
- Mary Anne Radmacher*

Courageous people change the world. There are so many examples of such people – who comes to mind? Perhaps this month we think of veterans and peacekeepers, those in our own circle as well as those we do not know. Perhaps justice activists come to mind like Alberta's own Nellie McClung and the Famous Five, Harvey Milk, Mohandas Gandhi, Martin Luther King, Jr, Justice Murray Sinclair or Stephen Lewis. In our denomination Frances David or maybe Rev. Fulgence Ndagijimana, recently come to Canada after having to flee Burundi, for their fight for religious freedom. We will each have a list of exemplars of courage. We rightly honor such giants. The problem is most of us aren't that tall.

Or are we? Here's what we must do to help each other remember: In addition to the heroic acts that alter history, there are also the daily choices that prevent history from altering us. While battling evil and bending the arc of the universe toward justice deserves praise, there's also the ordinary work of integrity and not allowing yourself to be bent. This needs to be noticed as well. There's the bravery of embracing your beauty even when it doesn't fit the air-brushed images surrounding you. There's the courage of calling out the micro-aggressions that happen almost every day at work. And what about resisting the persistent seduction of status and stuff? The list is long: Turning down that drink one day at a time. Making yourself get out of bed when the depression tells you to stay there. Holding your partner's hand in public. Make no mistake, there are dozens of ordinary acts of bravery we rise to everyday!

Or maybe we should say there are dozens of ordinary acts of bravery we help each other rise to every day. Courage is not only noble; it's contagious. The bravery that makes it into the history books may save the world, it is our ordinary courage keeps each other going. Watching someone else make it through another day helps us endure. Witnessing someone else confront bigotry allows us to bravely be more open about who we are. They say that courage is found by digging deep, but most often it is passed on.

So don't worry so much if you haven't changed the world yet. And certainly, let's stop comparing ourselves with those giants. Our work rests less in looking up to them and more in looking over at and gaining strength from each other. And remembering that others are looking over at and needing strength from us.



## Our Spiritual Exercises

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

### Option A:

#### Step Outside Your Comfort Zone

We rarely give ordinary courage the honor it is due. The daily threats we face are not the dramatic dangers of burning buildings but the insidious hazards of our comfort zones. This reminds us that the enemy of courage is often not fear but safety and routine. Sometimes those routines support and structure our lives; sometimes they stifle and shrink them. This month, you are invited to pursue the practice of ordinary risk and adventure. Your instructions are simple: Pick an activity that pulls you out of your comfort zone.

Here's some inspiration and guidance:

<https://tinyurl.com/ybasysrz>

<https://tinyurl.com/y8zyrevo>

Come to your group ready to share:

1. Why you picked this activity - share a bit about how your comfort zone had become "dangerous."
2. How your activity emboldened you, and hopefully changed you.

How you plan to stick with it - what skills or new ways of thinking did you learn that will keep you from falling back into your rut.

### Option B:

#### Finally Say "No."

Courage is often about bravely saying "yes," but sometimes saying "no" is what is needed. Opening ourselves to new experiences enriches us, putting our foot down and setting boundaries often saves us. This month, you are invited to identify and lean into a brave "No!"

Here's an article to help you on your way: <https://tinyurl.com/y9yevgb9>

### Option C:

#### Prop Up the Courage of Others

We all have people in our lives who inspire us with their courage. Have we ever told them? We know how important it is to have our courage noticed, so let's be sure to offer that gift to others this month. Write a letter, give a symbolic gift or treat them to lunch or coffee-- whatever it is, find a way to tell someone that their bravery is seen and matters. It's said that courage is contagious. But how would one ever know that their bravery has inspired many, unless we tell them so?





## Option D:

### Revisit the Pain of Your Bullied Past

October is [Bullying Prevention Month](#). It invites us not only to notice how we can stop it, but also to reckon with the legacy of bullying in our own lives. Very few of us have escaped the hurt of being bullied or the guilt of bullying others. This exercise asks us to return to those wounds of our past. Here are your instructions:

1. Make time to meditate and reflect on these two videos:

**For the courage of the bullied and beautiful** - <https://tinyurl.com/y73ozsdz>

**Why I Bully** - <https://tinyurl.com/mybxolh>

2. Let the videos take you back to your own experience.
3. Share that experience of bullying or being bullied with someone you trust and invite them to share their own experiences. Talk through the lasting impact and what each of you have done to work through it.
4. **Identify** what work is still needed. Keep in mind that it might involve looking at how bullying is still at work in your current adult life.

## Option E:

### The Courage of An Ally

As a faith movement, we are waking up to the need for radical action around racial justice and healing. For white UU's, that work involves a deeper and more developed understanding of ally ship. It is possibly the most courageous work to which we are called today. This month, you are invited to begin or lean more intentionally into that work. Here is one way to turn that work into a spiritual practice this month:

1. Listen and learn: Make time this month to go through the list of videos and essays below.
2. Identify Your Resistance: Notice where you find yourself pushing back while watching and reading the videos and essays. Try to avoid defensiveness. Be sure to offer yourself compassion.
3. Identify and Commit to *Your Work*: Maybe it's more learning. Perhaps it involves finding the courage to confront racism from a family member or co-worker. You might even be ready to invite someone into a courageous conversation. Take your time to figure it out. If you listen deeply to the videos and articles, your work will surely and clearly emerge.

### Resources for Courageous Ally Ship:

**Tips For White Allies:** <https://tinyurl.com/yakjp5ma>

**How To Be A White Ally - DON'T:**

<https://tinyurl.com/yc2qmojq>

**White Allies:** <https://tinyurl.com/yc6t8cdv>

**What Are White People To Do?** - A Forum on Racism and Being Part of the Solution

UU Tulsa: <https://tinyurl.com/y7rrxmhn>

**Five Strategies for Courageous Conversations about Racism with Friends, Family & Co-Workers:**

<https://tinyurl.com/yajnmvx6>

**Canada's Hidden Racism:**

<https://tinyurl.com/yd86ypoe>

**Increase Your Racial Stamina: Take The Pledge:**

<https://tinyurl.com/ybnaskyu>



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 courage means for you and your daily living. So, which question is calling to you? Which one contains "your work"?

1. Is it time to bravely start trusting people again?
2. Is it time to tell someone how scared you really are?
3. Is it time to bravely admit, "I was wrong"?
4. Is safely tiptoeing around "it" making you ill?
5. Where are you saying "yes" when you need to courageously say "no"?
6. Have you mistakenly convinced yourself that courage can come without sacrifice?
7. Who says it's always courageous to never give up? How might life be calling you to bravely let it go and walk away?
8. How might your life change if you saw optimism as our time's most courageous act?
9. Has your courage been bought off by money and status? Has comfort led you to forgetting what courage feels like?
10. Does your faith make you dangerous? Has your religion or your God become small and tame?
11. Instead of standing up and speaking out, is courage now asking you to sit down and listen?
12. Who in your life needs their courage affirmed and celebrated? Who needs told that their courage is contagious and helping you be braver?
14. What's your question? Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.



## ***Recommended Resources for Exploration and 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 COURAGE.*

### **Word Roots**

From Latin *cor* heart: denoting the heart, as the seat of feelings.

“It’s a shallow life that doesn’t give a person a few scars.”

-- Garrison Keillor

### **Wise Words**

Here is the world. Beautiful and terrible things will happen. Do not be afraid.

- Frederick Buechner

It simply isn’t an adventure worth telling if there aren’t dragons in it.

- J.R.R. Tolkien

All around you, people will be tiptoeing through life, just to arrive at death safely. But dear children, do not tiptoe. Run, hop, skip, or dance, just don’t tiptoe.”

- Shane Claiborne

“To get something you never had, you have to do something you never did.”

- Unknown

Safety is not the thing you should look for. Joy is what you should look for. Security and joy may not come in the same package. They can, but they also cannot. There is no guarantee.

- Neale Donald Walsh

“Courage is not the absence of fear, but rather the judgement that something else is more important than fear.”

- Ambrose Redmoon

What the world desperately needs is more dangerous disciples of an unsafe God. You can only be safe if you’ve fashioned for yourself a God small and tame...because grace is a dangerous thing...and real love is never safe. There are Pharisees — and I’ve been one — who are alive and well and who feel far safer with a dead God, one they seal up in a coffin of mere theory, one they bury under the sod of human rationality and tidiness... Maybe faith isn’t as much formula as the mystery of being drawn to, surrendering to, the overwhelming love and will of the most dangerous Reality in all the universe?...Those who have [God’s dangerous love] in their bones aren’t ever safe. Open flames are always dangerous.

- Ann Voskamp

"Don't be afraid of your fears. They're not there to scare you. They're there to let you know that something is worth it."

- C. JoyBell

“Perhaps all the dragons in our lives are princesses who are only waiting to see us act, just once, with beauty and courage. Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love.”

— Rainer Maria Rilke, Letters to a Young Poet



"Our word 'courage' comes from the French word *coeur*, 'heart'. Courage is a willingness to act from the heart, to let your heart lead the way, not knowing what will be required of you next, and if you can do it." - Jean Shinoda Bolen

"Courage is when you know you're licked before you begin, but you begin anyway and see it through no matter what.

- Harper Lee (*To Kill a Mockingbird*)

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'" - Mary Anne Radmacher

"Sometimes standing against evil is more important than defeating it. The greatest heroes stand because it is right to do so, not because they believe they will walk away with their lives. Such selfless courage is a victory in itself." - N.D. Wilson

## **Fear** by Shel Silverstein

Barnabus Browning

Was scared of drowning,

So he never would swim

Or get into a boat

Or take a bath

Or cross a moat.

He just sat day and night

With his door locked tight

And the windows nailed down,

Shaking with fear

That a wave might appear,

And cried so many tears

That they filled up the room

And he drowned.

"The reward for conformity was that everyone liked you except yourself." - Rita Mae Brown

"Softness is not weakness. It takes courage to stay delicate in a world so cruel. - Beau Taplin

"Courage is acting out of self respect for doing the right thing. To not act, or to do something different other than the right thing, is soul murder. Not being true to oneself and others leaves one diminished and in some ways less than human." - Harry Holleywood

"A hero is no braver than an ordinary person, but they are braver five minutes longer."

-- Ralph Waldo Emerson

"Courage is the price that life exacts for granting peace." - Amelia Earhart

"If we must both be right, we will lose each other."

Nayyirah Waheed

## **Songs and Music**

### **Quiet**

MILCK with GW Sirens and Capital

Blend: <https://tinyurl.com/hsxpeel>

Choreographed: <https://tinyurl.com/y6wmvhuh>

"I can't keep quiet..." A repeat of their performance at the Women's March.

### **Little Boxes**

Malvina Reynolds

<https://tinyurl.com/yc2hmmgk>

The courage to rise above the lure of little boxes and the ticky tacky.

### **Courage**

The Tragically Hip

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





## Brave

Sara Bareilles cover by Amy Hoffman

<https://tinyurl.com/y92pzutu>

## Canadian Protest Songs

<https://tinyurl.com/yaybkl8k>

## Take Me to Church

Cover by Neon Jungle: <https://tinyurl.com/nfap5cw>

Cover by Kiesza:

<https://tinyurl.com/m6wwrjx>

Original artist, Hozier:

<https://tinyurl.com/y99b6jeb>

## The Courageous Call of Black Lives Matter

### Hands Up by Daye Jack

<https://tinyurl.com/y9mz3e49>

"Living with my head down, hands up/No, no, don't shoot"

### Black Rage by Lauryn Hill

<https://tinyurl.com/yclxpkqh>

"Black rage is founded on two thirds a person/Rapings and beatings and suffering that worsens/Black human packages tied up in strings/Black rage can come from all these kinds of things."

### Cry No More by Rhiannon Giddens

<https://tinyurl.com/y87onzo7>

"First they stole our body, then they stole our sons/Then they stole our gods and gave us new ones/Then they stole our beauty, comfort in our skin/And then they gave us duty and then they gave us sin... The legacy is mighty. We can't carry this alone. You have to help us fight it. And together we'll be home."

### Chains by Usher

<https://tinyurl.com/orfx45u>

The courage to not look away...

## Videos

### The Courage to be Human

<https://tinyurl.com/yaaaton5>

## All The Way

Charles Bukowski

<https://tinyurl.com/qb4ye73>

## What's Your Greatest Fear? | Ages 0-100

<https://tinyurl.com/ya6jwwdv>

## The Fear of Getting Close

<https://tinyurl.com/hqwjaun>

Getting close to another human isn't the trouble free process we might imagine. It's worth understanding just how frightening closeness can be.

## The Courage to Come Out...and Love

Steven Boyle reading his poem, "I Hit Send, or Modern Meltdown" <https://tinyurl.com/pdmtcbq>

## Five Strategies for Courageous Conversations about Racism

<https://tinyurl.com/yajnmxv6>

## For Bullying Prevention Month

### For the Courage of the Bullied and Beautiful - Shane

Koyczan

<https://tinyurl.com/y73ozsdz>

To dance:

<https://tinyurl.com/ycotf75j>

### Why I Bully

<https://tinyurl.com/mybxolh>

## Podcasts

### Fearless - Invisibilia Podcast

<https://tinyurl.com/yackfeaq>

What would happen if you could disappear fear? We'll hear about the striking (and rare) case of a woman with no fear. The second half of the show explores how the rest of us might "turn off" fear.

## The Courage to be Emotionally Correct Not Just Correct - TED Talk

<https://tinyurl.com/yaanfq4d>



## **The Courage to Stop Hiding Your Pain & Vulnerability - TED Talk**

<https://tinyurl.com/lxs8ja6>

"In this touching talk, Ash Beckham offers a fresh approach to empathy and openness. It starts with understanding that everyone, at some point in their life, has experienced hardship. The only way out, says Beckham, is to open the door and step out of your closet."

## **The Courage to Be Wrong - TED Talk**

<https://tinyurl.com/nsbjuk7>

Most of us will do anything to avoid being wrong. But what if we're wrong about that? "Wrongologist" Kathryn Schulz makes a compelling case for not just admitting but embracing our fallibility.

## **The Courage of Heretics**

*A This American Life Radio show*

<https://tinyurl.com/y7x9erdl>

The story of Reverend Carlton Pearson, a nationally-known evangelical pastor in Tulsa, Oklahoma, who cast aside the idea of Hell, and with it everything he'd worked for over his entire life. A story of a very courageous man who followed his conscience and lost just about everything. UU connection: Carlton Pearson and the remaining members of his church joined with our UU congregation in Tulsa, Oklahoma!

## **Articles**

### **A Guide to Understanding Your Fear**

<https://tinyurl.com/y9q9v76d>

### **How To Understand And Conquer Your Fears**

<https://tinyurl.com/lhpaxa8>

### **Thirteen Tips To Face Your Fear**

<https://tinyurl.com/y9u4654y>

### **What's Your Brand of Courage?**

<https://tinyurl.com/y83amfkd>

## **The Courage to Speak the Truth, but Not to Punish**

*by James Hoggan with Thich Nhat Hanh, excerpt from I'm Right and You're an Idiot*

<https://tinyurl.com/yd6votq4>

"The work seems to be about balance: speaking up against injustice with courage and passion but with greater awareness of the dangers in becoming overly adversarial and treating those who disagree as foes... Anger can give us the mettle to speak with courage and conviction, but also the venom that blinds us to the views of others..."

## **Books**

### **Originals: How Nonconformists Move the World**

*By Adam Grant* <https://tinyurl.com/y89qliqo>

### **Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead**

<https://tinyurl.com/y9zlaa5z>

*by Brené Brown*

### **Dancing With Dementia**

*by Christine Bryden*

<https://tinyurl.com/ya8dsoua>

Recommended by neuroscientist and author [Lisa Genova](#). After receiving a diagnosis of early onset dementia at 48, a woman goes on to live courageously and meaningfully with her new reality.

### **To Wake, To Rise: Meditations on Justice and Resilience**

*Edited by William G. Sinkford*

<https://tinyurl.com/ycorkqth>

An anthology of 29 poems, prayers, and reflections about resisting oppression and keeping courage in a new era of political and social division.



## Out Stealing Horses

by Per Petterson

"In this quiet but compelling novel, Trond Sander, a widower nearing seventy, moves to a bare house in remote eastern Norway, seeking the escape of a quiet life of contemplation. But a chance encounter with a neighbor—the brother, as it happens, of his childhood friend Jon—causes him to ruminate on the summer of 1948, the last he spent with his adored father, who abandoned the family soon afterward. Trond's recollections center on a single afternoon, when he and Jon set out to take some horses from a nearby farm; what began as an exhilarating adventure ended abruptly and traumatically in an act of unexpected cruelty. The memories lead to a courageous effort to reconcile with the past, with Trond asking himself Dicken's famous line in *David Copperfield*, 'Whether I shall turn out to be the hero of my own life, or whether that station will be held by anybody else, these pages must show.' "

## Movies and Television

### Spotlight

<https://tinyurl.com/y9ncqrsu>

"The riveting [and courageous] true story of the Pulitzer Prize-winning Boston Globe investigation that would rock the city and cause a crisis in one of the world's oldest and most trusted institutions. When the newspaper's tenacious "Spotlight" team of reporters delves into allegations of abuse in the Catholic Church, their year-long investigation uncovers a decades-long cover-up at the highest levels of Boston's religious, legal, and government establishment, touching off a wave of revelations around the world."

### They Will Have to Kill Us First

<https://tinyurl.com/ybl3dhqw>

<https://tinyurl.com/y8y4keue>

A documentary celebrating the courageous and creative use of music as a form of resistance. Set in Mali where jihadists have banned all music-making.

## In This World

<https://tinyurl.com/yaepouq4> (trailer)

Revealing, studied window into people migration from Pakistan to the UK. Inspiring courage and humbling sacrifice at every turn gets you rooting for the leads and challenges you to question your views on immigration.

## For the Bible Tells Me So

<https://tinyurl.com/y97cd7te>

"Grounded by the stories of five conservative Christian families, the film explores how the religious right has used its interpretation of the Bible to support its agenda of stigmatizing the gay community and eroding the separation between church and state."

## A Jihad for Love

<https://tinyurl.com/ydeyvf89>

"Filmmaker Parvez Sharma travels into the secretive world of homosexuality within the Islamic faith. He interviews those who try to reconcile their faith with the ban on gays and lesbians, attempting to walk a fine line between persecution and honesty."

## Moonlight

<https://tinyurl.com/jm4hpb5>

"The tender, heartbreaking story of a young man's courageous struggle to find himself, told across three defining chapters in his life as he experiences the ecstasy, pain, and beauty of falling in love, while grappling with his own sexuality in an oppressive, suffocating culture."



## Tomboy

<https://tinyurl.com/yajkq5nk>

"A French family with two daughters, 10-year-old Laure and 6-year-old Jeanne, moves to a new neighborhood during the summer holidays. With her Jean Seberg haircut and tomboy ways, Laure is immediately mistaken for a boy by the local kids and passes herself off as Michael. This is a relationship movie: relationships between children, and the even more complicated one between one's heart and body."

## Shut up and Sing

<https://tinyurl.com/ycjcdqdw>

In the early 2000's, it seemed the Dixie Chicks could do no wrong. Their concert tours were consistent sellouts, making them the most commercially successful female group in the history of the recording industry. However, things took an unexpected turn as the Dixie Chicks spoke out against the U.S. invasion of Iraq. This resulted in death threats and dozens of others personal attacks by fans. The rest of the story involves being pulled into the courage to stand up for what we believe--even when the cost is great.

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*Soul Matters*

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

## Theme Based Ministry

Each month our Sunday services hold the focus of an overarching topic/theme, such as integrity, compassion, or joy. The presenters approach each month's theme in a variety of ways, all with the intention of taking us deeper.

The themes are presented for contemplation on Sunday mornings and in the monthly Reflections section of the Quest. This material provides an opportunity for personal exploration of the theme with spiritual practices, questions, reading and other resources. The other component of Theme Based Ministry are the small discussion groups, Theme Based Listening Circles (TLCs).

## Theme Based Listening Circles (TLCs)

TLCs are facilitated small groups of up to 10 people. They meet at various times toward the end of each month to reflect together on the theme of the month.

These groups offer the opportunity for deepening relationships, self-awareness, enhancing listening skills, personal growth and spiritual development. You can register for a group on the website. For further information contact [are@calgaryunitarians.ca](mailto:are@calgaryunitarians.ca)

### Current Groups meet:

4th Thursday of the month 12:30 – 2:30

4th Sunday of the month 12:00 – 2:00





## Announcement from Your Tech Team

As many of you are aware, we have started using the congregation's new domain name: **calgaryunitarians.ca**. This aligns our email and website address with our new public Calgary Unitarians name.

Please use the **calgaryunitarians.ca** domain name going forward. All the @unitarianscalgary.org email addresses have been recreated under the new name, and www.calgaryunitarians.ca now takes visitors to our website.

Please start using the calgaryunitarians.ca addresses for your email messages and in any publicity for the church. The old @unitarianscalgary.org addresses will continue to work for the time being, but will eventually be discontinued.

## Treasurer's Trove: Reimbursement for Expenditures

Our new bookkeeper, Frejya Evenstar, will be coming to the church once a week to do cheques. Previously, we did cheques only every two weeks. Frejya's schedule should help us respond more quickly to requests for reimbursement.

The procedure is as follows: (1) the expense is coded to the appropriate account by the treasurer; (2) the cheque is prepared by the bookkeeper; and (3) the cheque is signed by two Board members.



If you are concerned about getting reimbursed quickly, please put your request in the treasurer's box by Sunday, and the cheque should be ready the following Sunday. Thanks! Leslie



## On Courage

*Courage doesn't always roar.*

*Sometimes courage is the little voice at the end of the day that says "I'll try again tomorrow".*

*~Mary Anne Radmacher*

*Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen. ~Winston Churchill*

*Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. ~Lao Tzu*



## Christmas is Coming - 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. This is the easiest, most efficient way to make a financial contribution to Our Beloved Community. When we spend \$5000 or less on cards, UCC receives 4% of that total. When the UCC 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 December purchases for Christmas gifts, hosting friends and family, and all of the fun, food related activities of the season. 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 **November Gift Card order** Sunday, November 4th

Pick up your order the following **Sunday**, November 11th

**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!

Any questions? Contact: Ev Dewar [ev.dewar@kogawa.com](mailto:ev.dewar@kogawa.com),

Sheila Ward [sggward@shaw.ca](mailto:sggward@shaw.ca),

Alex Russell [itfromblighty@gmail.com](mailto:itfromblighty@gmail.com)





## Fruitcake Volunteers 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 10<sup>th</sup> 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.

## 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 Ontonio 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)