

The Quest



April 2019 Services: Emergence

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April 7 Deeper Welcome – Radical Inclusion

Building a world that celebrates and affirms trans and gender-creative youth and children is an imperative task for would-be allies. Listen and learn how to move past right-thinking to right-acting to create deeper welcome.

Service Facilitators: Rev Debra Faulk and Holly Noelle and other voices

Music: Music Director Jane Perry with guest choir One Voice Chorus

This service will include the Installation of Lynn Nugent as Lay Chaplain.

April 14 Justice Emerging: A Dialogue of Two Kings, A Legacy for Today

This award-winning service celebrates the 450th anniversary of Unitarianism and the signing of the Declaration of Religious Freedom in Torda, Transylvania. Written by Rev. Shari Woodbury and edited (with permission) by Rev. Debra, it includes a dialogue between King John Sigismund, Unitarian King of Transylvania and Martin Luther King, Jr. This morning we share its history and call to justice.

Service Facilitators: Mary-Anna Louise Kovar, Jeb Gaudet and Hendrik Schaink

Music: Music Director Jane Perry

April 21 Emergence: Easter's Theme

The idea of emerging from the tomb is core to the Christian story of Easter - seeds emerging from the earth is a core theme for Ostre/Beltane and earth-based traditions - new ways of being are emerging for us as UUs in addressing radical inclusion/privilege – what might emerge as we explore the true theme of Easter?

Service Facilitator: Rev Debra Faulk

Worship Arts Team: Lynn Nugent

Music: Music Director Jane Perry and UUPhonia
Please join us for Easter Brunch following the service.

April 28 Five Smooth Stones

When David faced Goliath, all he had were five smooth stones. This service looks at the Goliaths we face in our world and illustrates how our living tradition moves from five smooth stones to the five jagged rocks of Unitarian Universalism that helps us to defeat them.

Service Facilitator: Rev Samaya Oakley

Worship Arts Team: Rev Debra Faulk

Music: Guest musician Gavin Caldwell
Rev Samaya serves the South Fraser Unitarian Congregation in White Rock, BC and was our first Intern Minister.



"Although most of us have five senses, two additional ones have special significance: a sense of humour and a sense of perspective. Out of these grows a natural outpouring of gratitude."

Dan Millman - The Way of the Peaceful Warrior

It never ceases to amaze me how just the right inspiration comes forward at just the right moment. In the midst of happenings within the congregation and in my personal life, the sense of perspective feels imperative and yet, at times, a challenge to maintain. It has been suggested that a sense of humour is in fact a sense of perspective; this resonates, too. There certainly seems to be a correlation between the two.

What I am finding particularly poignant in reflecting on the brief reading above is the connection with gratitude. I have shared my theology as being about the dance or balance of gratitude and generosity and find it deepening yet again with the addition of humour and perspective.

In the last few weeks I can recall a few times when something humorous has come across my desk and remember saying out loud to myself, "Thanks, I needed that". There has been clarity in the following moments as well.

Perhaps we ought to build in 'humour moments' whenever we are scheduling a challenging meeting and when we are in them. As we build Beloved Community we will, and are, addressing: radical hospitality, right relations, reconciliation, white privilege, shifting norms around volunteerism and resourcing, social justice and the environment. We are engaging in deep and meaningful work.

SPECIAL ANNOUNCEMENT

The Annual General Meeting of the Calgary Unitarians will be held on **May 5, 2019 at 12:00 pm** directly after service. Lunch will be available; please send dietary restrictions to Mary-Anna Louise president@calgaryunitarians.ca

Child care will be provided.

April 4-Others Camp fYrefly See page 5 for details.

Debra's Deliberations



When addressing uncomfortable or difficult matters perhaps we need intentional moments to shift perspective, to remind ourselves of the joy of actually creating a space where hard conversations can happen. This is not to avoid serious issues, but to maintain perspective.

I used to have a bumper sticker on my car that said, "She Who Laughs, Lasts" and recall that whenever road frustration would creep upon me, I would remember the bumper sticker and chuckle to myself; the frustration passed. It is now a brain bumper sticker that more than once has flashed through my mind at just the right moment.

Laughter is good for the soul, for physical health and well-being. May this reflection offer you each a moment of joy. It has been said that angels can fly because they take themselves lightly.

Namaste,
Debra



Rev Debra with Imam Fayaz Tilly at the Vigil following the New Zealand Mosque shootings.

Please contact Rev Debra directly to chat or arrange an appointment:

debra@calgaryunitarians.ca or 403-702-6486



Conversations with Rev Debra

Tea Is On: Talking About Aging (for the 60+ crowd)

Thursday April 4 2:00 pm People often share with me the numerous issues that come along with aging and the hope for a place to relate their experience with others. While there have been more concerns (limitations, ability, changes in mental acuity) mentioned than joys (grandparenting, recognition of wisdom earned, freedom of choice with time) both are part of the experience. Let's get together and decide what we might want to do as a group to support each other. Bring your hopes, thoughts and ideas.

When friends ask for a
second cup they are open
to conversation ...

Gail Parent

Two areas of interest have me assessing the will and energy to move either of these issues forward. To this end, I will host a table during **Souper Sunday April 28** to chat with people who might want to be involved – or let me know of your interest.

Living the Welcoming Congregation Our congregation went through the process to be recognized as a Welcoming Congregation in 2000. We recognize the need to continue and to deepen the work we started. The Living the Welcoming Congregation (LWC) curriculum has been developed as a resource for us to do this. Congregations designated as a Living the Welcoming Congregation already have a basic understanding of lesbian, gay, bisexual, transgender, queer identities, and their unique issues. Welcoming Congregations make a commitment to be a welcoming space for individuals of all sexual orientations and gender identities.

AIM – Ability, Inclusion Ministry This ministry focuses on welcoming, embracing, integrating, and supporting people with disabilities and their families in our congregations. The sacred challenge for congregations is to recognize the humanity and gifts of all people. This program extends the efforts described in the document "Accessibility Guidelines for Unitarian Universalist Congregations" by creating a certification program whereby congregations can be formally recognized for their commitment and progress.

Easter
Brunch



Easter Brunch April 21, 2019

Everyone is invited to our traditional Easter Brunch after the service on Easter Sunday, April 21, 2019. There will be menu choices for everyone.

An event like this takes a certain amount of work in setting up, preparing food, serving, and then cleaning up afterward.

If you can help with any of these please contact Eric Leavitt 403-701-1796 or email him ericduaneleavitt@gmail.com

See you there!



April Kudos go out to: Marie Collins and others for assisting with Alastair Sinclair's Celebration of Life. Helpers for set-up of the Town Hall meeting on March

3 - you know who you are!

Eric Leavitt for the many building related spruce up & repairs. A huge thank you to whoever made the laundry bags for the kitchen. They make it so much easier to take the dirty laundry home!

This is just a sampling of the many people who contribute in numerous ways to our community. When you catch someone in the act of kindness and service please share the info by emailing Kudos@calgaryunitarians.ca.



♪ UpBeat News with Jane Perry ♪



Anticipating All Things Musical in April!

One Voice Chorus will be part of our morning service on Sunday, April 7 as Rev. Debra Faulk and Holly Noelle present a sermon about Trans Kids.

Cabaret 2019! "Great Big C: Music by Canadian Singer-Songwriters"! Friday April 12 and Saturday April 13 at 7:00pm. Join UUphonia and its many talented soloists and small ensembles in an evening that celebrates the artistry and magic of Canadian song! You can look forward to tunes by Leonard Cohen, Joni Mitchell, the Arrogant Worms, Greg O'Neill, Buffy Ste. Marie, Stompin' Tom Connors, and more! With a cash bar and refreshment stand, a live band, and an entertaining emcee, this is the fun evening out you and your friends have been waiting for.

To add your name to the Cabaret guest list and inquire about reserving tables for four or more, please e-mail concerts@calgaryunitarians.ca You are also invited to visit our Cabaret 2019 table at Sunday coffee hour. See you at the show!

Calgary Renaissance Singers & Players present "Mirthe & Meriment". Sunday, April 28 at 7:30pm at St. Stephen's Anglican Church (1121 14 Avenue SW.) This is a concert of some of the funniest madrigals ever to emerge from the Renaissance! Imagine three songs about pigs co-existing with a mash-up of "Blood on the Saddle" and the Allegri Miserere.... and then we'll teach you "Elizabethan Insults and How to Use Them in Everyday Life!" You won't be bored for a minute! Pre-concert talk at 7:00pm. Tickets: \$25 regular, \$20 senior/student; free for those under 18. www.renaissance-singers.com

And Coming Up in May....

Vocal Latitudes' Spring Concert. Saturday, May 11 at Hope Lutheran Church (3527 Boulton Road NW.) More details in the May newsletter.

Vocal Latitudes at the ProArts@Noon Concert Series. Wednesday, May 15 at 12:10pm at the Cathedral Church of the Redeemer (604 1 Street SW.) Free admission.

May Your Life Be as a Song. Sunday, May 26 at 10:30am at Calgary Unitarians. UUphonia, Chor Vida and musical friends present an all-music Sunday service as the choral year ends.



CYRE Welcomes the Rainbow

April is all about reenergizing as a welcoming community for our children and youth.



April 4-Others

Youth Choice: Camp fYrefly

Camp fYrefly is Canada's only national leadership retreat for lesbian, gay, bisexual, transgender, two-spirit, asexual, intersex, queer, questioning, and allied youth. The camp provides a space for youth to explore their identity, build resilience and enhance self-esteem, all while having an awesome camp experience.

Participants return home with a support network of positive friendships, trusted adult mentors, and an empowered sense of self.

April 6th- Affirming Leaders Day Conference: As part of our ongoing commitment to education, training and professional development of our staff team, DRE Sheila MacMaster, Youth Advisor Holly Noelle, Explorers Class Lead Samer Khaldi, and Elementary Class Lead Arya Salmassi, are all attending this one day gathering focused on fostering LGBTQ2S+ inclusivity and engagement in faith communities. This conference explores how we can become better advocates, allies, and leaders.

April 7th – Service: Deeper Welcome – Radical Inclusion

Building a world that celebrates and affirms trans and gender-creative youth and children is an imperative task for would-be allies. Listen and learn how to move past right-thinking to right-acting to create deeper welcome.

Service Facilitators: Rev Debra Faulk and Holly Noelle and other voices

Music: Music Director, Jane Perry with guest choir One Voice Chorus



Welcome to our New Rainbow Library!

We are creating a lending library of LGBTQ2S+ books and videos for children and youth. The Room 7 library doors will be open every Sunday from 9:30am to 12:30pm.

Donations are welcome! Check out our weekly CYRE newsletter for a link to a list of requested books for both our new Rainbow Library and CYRE Banned Book Library.



CANUUDLE XIX



ROOTS + WINGS

Canada's Annual National Con for
Unitarian Universalist Youth Ages 13-19

*COMMUNITY ~ GAMES ~ WORSHIP ~ IDENTITY EXPLORATION
WORKSHOPS ~ BRIDGING CEREMONY ~ DEEP FRIENDSHIPS
MUSIC ~ DISCUSSIONS ~ YOUTH LEADERSHIP ~ FUN!*



May 17-20 2019
Hosted by the Calgary Unitarians
1703 First Street N.W., Calgary, Alberta

Get Involved! Volunteers Needed for Youth CanUudle!

Overnight Volunteers contact Heather Walker at hjw4934@gmail.com

Kitchen Volunteers contact Dean Kasner at dhkasner@gmail.com



Fun Fridays Are Here!

Youth Night at the Movies

April 19th - 6:45

Moana

This musical extravaganza follows the adventures of Moana, an adventurous teenager who sails out on a daring mission to save her people. During her journey, Moana meets the once-mighty demigod Maui, who guides her in her quest to become a master way-finder.

Together they sail across the open ocean on an action-packed voyage, encountering enormous monsters and impossible odds. As part of her Heroine's journey, Moana chooses to be a forward-thinking leader of her people on her own terms, rather than a stereotypical princess in need of rescue. She has both the wisdom to respect her people's traditions and the bravery to blaze her own trail.

Fun for all ages! The movie is free and everyone is welcome. Tropical attire is encouraged and try our limited edition special fruit smoothie for only \$2 (includes an adorable tropical drink umbrella)! We will also have a variety of delicious snacks for sale at our loonie/twoonie snack bar – all proceeds go towards our goal of buying a professional popcorn machine. Doors open at 6:45pm and the movie starts at 7:15pm.

Hope to see you there!



Green Sanctuary Movie Night

April 5th

Modified: A Food Lover's Journey into GMOs



'Modified' is a first-person feature documentary that questions 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. Shot over a span of ten years, the film follows the ongoing struggle to label GMOs, exposing the cozy relationship between the biotech industry and governments.

Doors open 6:30. Film at 7:00

Please bring a dessert or appetizer to share.

Admission is free.

Donations accepted to cover costs.



Spring into Pub Night!



When: April 3rd from 7:00-9:30pm

Where: Kensington Pub- 207 10A St. NW

www.kensingtonpub.com

You've read about it, you've heard about it, now come out and experience it for yourself! Pub Night is a night of great conversation and fellowship 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. Come check it out!

Young Adults Board Games Day

When: April 20
from 2:00-6:00pm

Board gaming... ever wondered what all the fuss is about? Come find out! It's a great way to connect with the young adults in your community with some games, snacks, conversation and laughter; we have all of this and more. Please feel free to bring a favourite board game and a snack or drink to share.



Get to Know Our Rental Community:

Calgary Arthritis Support Group

Calgary Unitarians plays host to a variety of community based groups: choirs, support groups, dancers, etc. You may have run into some of these folks from time to time and wondered who they are. Here's a chance to learn a bit about what they do and who they are:

The Calgary Arthritis Support Group meets the second Monday of each month at Calgary Unitarians from 7:00 to 9:00 p.m. The group has been supporting those coping with arthritis since 1987. Our goal is to encourage participants to strive for self-help and a positive attitude. Partners, friends and/or support persons are encouraged to attend meetings. Program content will appeal to guests as well as members. There is a fee of \$7.00 per person per meeting to offset our costs.

Programs generally include an information and problem-solving session (Share and Care) on alternate months.

Members ask questions and share both their experiences and solutions. On alternate months, we usually host professional speakers speaking on subjects of either medical or arthritis related content.

Current Programs:

On April 8th, Zibusiso Mafaiti, the Calgary regional coordinator from Makers Making Change, which is part of the Neil Squire Society, brings "Tools, Tools, Tools" to the Support Group. The goal of Makers Making Change is to help people with disabilities gain access to affordable assistive devices. This is a Canada-wide society offering an exciting opportunity to find or have designed a tool that fits an individual client's needs. The expense of this tool would be the cost of material and shipping. The Society also offers an opportunity for "inventors or builders" to volunteer their skills in the applicable field, all at no charge.

RSVP is always required. Contact Herrat Zahner for all Support Group information and to ensure seating: herrat@shaw.ca, 403-284-1061 or 403-968-8677.



What Does It Mean to Be A People of Emergence?

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

- Henri-Frederic Ariel

Make a bit of room. Leave a little space. Keep a lookout for the unexpected. These directions may not sound like anything radical or revolutionary. But it turns out that these are often Life's favorite ways to help us emerge into something new.

Henri-Frederic Ariel's reminder about leaving room and letting some things be is especially important as we move into the season of spring. During this time of year, it's not just farmers but us all who turn to the work of "tilling and turning up our whole soil." All around us, the culture shouts its heroic talk about striving and perfecting. Struggle is the dominant metaphor of the day. We talk of "fighting" to become all we can be. Images of sprouts breaking through concrete start showing up everywhere. Yet, we need to be careful because, often, emergence and transformation is a much subtler art. It's about stillness, listening and waiting to be led, not conquering, struggle and taking charge.

In other words, when it comes to emerging into something new, the message of spirituality is "Be careful with what you've been taught and told because much of it takes us in exactly the wrong direction." As a people of emergence, we are called to take a different tack. We've been entrusted with the wisdom that emergence is most often about breathing rather than becoming better, patience not perfection, depth not dominance; acceptance not striving, attention not constant improvement.

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

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



This month, leave some room on that dance floor of yours. Keep your eyes peeled. And when that unexpected guest reaches out its hand, make sure you're ready to take hold.





Our Spiritual Exercises

Option A:

Notice Your No's & Let Some Yes's Loose

Ok, let's admit it: we say "no" more often than we can count - or more often than we are aware. It's our default mode. We are so good at coming up with reasons to say no: There's not enough time. It's too risky. You've got to prioritize. You've got to be realistic. Adults know how to delay gratification. I've been burnt before.

These No's keep us safe. That's important and needs affirmed. But it's also true that many of our knee-jerk No's cut us off from new life, like that well-meaning lawn spray that kills the weeds but eliminates the wildflowers as well. Or to use an Easter metaphor: often, with our No's, we roll the stone in front of our own tombs.

So this month, to honor spring's celebration of wildflowers and Easter's call to roll away the stone, you are invited to let some Yes's loose and see what kind of new life emerges. Here are your instructions put as simply as possible:

Try to say Yes as often as you can!

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

"This is going to sound crazy. Say yes to everything. Accept all offers. Go along with the plan. Support someone else's dream. Say: yes"; "right"; "sure"; "I will"; "okay"; "of course"; "YES!" Cultivate all the ways you can imagine to express affirmation. When the answer to all questions is yes, you enter a new world, a world of action, possibility, and adventure... It is undoubtedly an exaggeration to suggest that we can say yes to

everything that comes up, but we can all say yes to more than we normally do. Once you become aware that you can, you will see how often we use the technique of blocking in personal relationships and life simply out of habit. Turning this around can bring positive and unexpected results..."

Keep it simple. Try it for 2-3 days and see how it goes. Just catch yourself right before the word "no" spills from your lips and say "Yes" instead. To keep yourself on task, consider printing out these words on a small card or piece of paper and place it somewhere you will see it throughout the day: **"Accept all offers. Go along with the plan. Support someone else's dream. Say: yes"; "right"; "sure"; "I will"; "okay"; "Yes and..." not "Yes but..."**

Along the way, try to pay attention to your relationship to Yes's and No's. What kind of Yes to No ratio rules your life? How do your Yes's and No's impact those around you? Who taught you that Yes's are risky and No's are safe? Who desperately needs your Yes, but you've been too busy to notice?

Come to your group ready to share what you learned, what surprised you and what emerged by simply letting Yes loose! Here are a handful of resources to guide and inspire you:

The YES Challenge!

<http://tinyurl.com/hjb46ou>

My year of saying yes to everything - TED Talk

<http://tinyurl.com/hz7odum>

Yes is What Makes a Life - TED Talk

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

Improv lesson - "Yes and..."

<http://tinyurl.com/y5meyy33>

Called to Say Yes - Poem

<http://tinyurl.com/y2falff3>



Option B: Emerge from the Tomb of Worry

"We suffer more often in imagination than in reality." - Seneca

When it comes to the tombs that keep us trapped, worry tops the list for many of us. The tragedy is that, as Seneca points out, many of those worries are imagined. In other words, we are the creators of worry, not just victims of it. And to the degree we contribute, we can also escape and free ourselves.

If worry and anxiety is what you are wrestling with, then here's your exercise this month:

Identify your imagined worry; work with one strategy to address it

Spend some significant time this month engaging and meditating on the below list of resources. Take a day and dive deeply into them all or spread them out and tackle one at a time as your daily meditation practice. Use them not just to better understand worry and anxiety, but to figure out the one worry that exists more inside **your** head and heart than out there in the world. Just naming that imagined worry might be enough for the month. But if you can, also consider using the resources to identify a strategy to begin separating yourself from that worry.

Come to your group ready to share your journey.

Recommended Resources on Emerging From the Prison of Worry, Anxiety and Stress

A Stoic's Key to Peace of Mind & the Antidote to Anxiety:

<http://tinyurl.com/y7y24yfh>

An Antidote to the Age of Anxiety, According to Alan Watts:

<http://tinyurl.com/qfrhpo3>

Bobby McFerrin's "Don't Worry, Be Happy": A Neuropsychology Reading:

<http://tinyurl.com/y6drvuv7>

How to Lower Your "Worryability": Italo Calvino's 1950 New Year's Resolution:

<http://tinyurl.com/y66phtn7>

How Not To Worry:

<http://tinyurl.com/y5bwl4eq>

Don't Be Afraid of Fear - Alan Watts:

<http://tinyurl.com/yagyyhcx>

Fighting FOMO (The fear of Missing Out):

<http://tinyurl.com/jx2r3ox>

<http://tinyurl.com/yd44apr4>



Option C: ***Leaning Into & Emerging from A Week's Worth Poetry***

There are many sources of awakening and emergence. Poetry is among the most potent. Below are seven different poems, each with its own unique call to emerge into something new. Take a week and use them as your daily meditation practice, letting the voice of the poets help you better identify the particular voice of new growth inside you. How is life calling you to emerge into deeper or greater living? What form of new being and becoming are you being invited to lean into? Treat these poems as partners helping you answer those questions.

Come to your group ready to share which single poem spoke to you the most. What did it help clarify for you? What challenge, guidance or comfort did it offer?

DAY ONE:

Last Night

Antonio Machado

Text: <http://tinyurl.com/y4n9eqt8>

Spoken & Video meditation: <http://tinyurl.com/y32u4tgt>

DAY TWO:

Those Who Don't Feel This Love

Jallaludin Rumi

Text: <http://tinyurl.com/yywfw6a>

Spoken & Video Meditation: <http://tinyurl.com/y3o4ovah>

DAY THREE:

Die Slowly (Lentamente Muore)

Pablo Neruda

Text: <http://tinyurl.com/yylen3or>

Video Meditation: <http://tinyurl.com/yxbvchhp>

Spoken: <http://tinyurl.com/y4pg9c3c>

DAY FOUR:

There is No Going Back

Wendell Berry

Poem and Visual meditation: <http://tinyurl.com/y5kfcchx>

DAY FIVE:

I know. I try to avoid it too

Amy Lloyd

See the text of poem below in "Companion Pieces"

DAY SIX:

Song of the Shattering Vessels

Peter Cole

Text: <http://tinyurl.com/y46csasp>

Spoken: <http://tinyurl.com/y4kl83st>

DAY SEVEN:

Open-Hearted Beauty

Ahlaam Lala Abduljalil

Spoken: <http://tinyurl.com/y8vau4pb>



Your Question

When considering these questions, try not to treat them 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 perseverance means for you and your daily living. So, which question is calling to you? Which one contains "your work"?

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.

1) Is that broken thing you keep trying to put back together keeping you from the beautiful thing that is waiting to be built?

2) Is one well-crafted and comfortable life what you really want? Was there a time when you planned on experiencing many lives in this one lifetime you've been given?

3) Have you taken the time to mourn and give thanks for your old life? Have you rushed too quickly into the excitement of your new journey? Even if it was time to leave it, your old life gave you great gifts (even if they were laced with pain). Have you taken time to say goodbye and thank you?

4) Is your armor in your way?

5) Have you been sitting and simmering in stress for so long that it now feels normal? Is it time for you, like the proverbial frog in boiling water, to notice that a boiling pot is no place to live?

6) Has worry become your tomb?

7) It's said that we don't fear change, but the loss and letting go that comes with change? You do know what you need to let go of, right? But do you know why you are holding on so tight?

8) Are you tired of being told that you need to emerge into something entirely new, and better? Are you looking for people (and a religion) that welcomes you as you are? That says, "Come as you are and be blessed"?

9) Are you moving on or running away?

10) They say we heal only to the degree we look at our role in the pain of our past. Are your wounds still open because you continue to turn a blind eye about your part in things?

11) Are you the one who needs to be gentler with yourself? Is it time to forgive yourself for the mistakes that were made in the past?

12) Is it possible that emergence from pain requires you figuring out its gift? Is it possible that instead of asking, "How do I escape?" you need to first ask "What is Life trying to get me to see?"

13) Instead of feeling punished or wronged, what if you choose to see your current mess as Life telling you, "It's time to reboot!"

14) Is regret over what could have been preventing you from fully leaning into what's being offered?

15) What if we become beautiful only by helping others find their beauty?

16) What if we become free only by helping others find their freedom?

17) Who is behind your mask, longing to come out and be seen?

18) What if Life isn't trying to get us to transform into something new or better? What if it simply wants us to emerge into the awareness that we are already enough?

19) Ralph Waldo Emerson said we need to be careful about what we worship because "what we are worshipping we are becoming." When was the last time you asked, "What am I really worshipping?"

20) Are you in the way of someone's emergence?



Companion Pieces

Recommended 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 Emergence.

Word Roots

Comes from the Latin *emergere*, to bring to light.

Wise Words

Forget about what's happened; don't keep going over old history. Be alert, be present. I'm about to do something brand-new. It's bursting out! Don't you see it?

Isaiah 43 18-19 (The Message)

Always be a work in progress.

Emily Lillian

When you're finished changing, you're finished.

Benjamin Franklin

It is never too late to be what you might have been.

George Eliot

You cannot go on indefinitely being just an ordinary, decent egg. We must be hatched or go bad.

C.S. Lewis

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

Richard Rohr

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

If you live in the dark a long time and the sun comes out, you do not cross into it whistling. There is an initial uprush of relief at first, then— for me, anyway—a profound dislocation. My old assumptions about how the world works are buried, yet my new ones aren't operational. There's been a death of sorts, but without a few days in hell, no resurrection is possible.

Mary Karr

Maybe you went through it so it would awaken you.

Lalah Delia

Right where you are is where you need to be. Don't fight it! Don't run away from it! Stand firm! Take a deep breath. And another. And another. Now, ask yourself: Why is this in my world? What do I need to see?

Anonymous

Let difficulty transform you. And it will. In my experience, we just need help learning how not to run away.

Pema Chodron

The degree to which you are willing to embrace the pain of recovery, is the degree to which you will experience healing.

Anonymous

Three Dollars Worth of God

Wilbur Rees

I would like to buy \$3 worth of God, please.

Not enough to explode my soul or disturb my sleep, but just enough to equal a cup of warm milk or a snooze in the sunshine.

I don't want enough of God to make me love my enemy or pick beets with a migrant.

I want ecstasy, not transformation.

I want warmth of the womb, not a new birth.

I want a pound of the Eternal in a paper sack.

I would like to buy \$3 worth of God, please.

I say unto you: one must still have chaos in oneself to be able to give birth to a dancing star.

Nietzsche

That broken thing you keep trying to put back together, is keeping your life from that beautiful thing that is waiting to be built. @REHABTIME

That's the trouble with earth. Nobody talks to each other anymore. And so we've all become a bunch of unopened love letters. *Erin Van Vuren*



I Know. I Try To Avoid It Too

Amy Lloyd

Have you sat with grief?
Have you let it wring you dry?
Leave you swollen and exhausted
in its wake?
Allowed the pain from the inner depths of hell,
deeper than you knew existed,
to ooze out,
bubble up into your heart,
so that your tears could begin
to wash you clean?
Have you asked yourself
the questions with no answers?
then allow them to just co-exist with you?
Have you walked, and talked,
with death and your losses?
The innocence murdered
Precious time stolen
Hearts trampled?
Are you familiar with vulnerability?
With allowing your deepest feelings,
painful feelings,
raw feeling,
real feelings,
to come out of the grave
where you try to hide them?
I know how hard it is,
I know.
I try to avoid it too.
I also know the truth.
It must be done.
It is the broken road to healing.
To life!
The more we feel,
the more we can feel.
Go deep, my friend
Open wide.
Sit a spell and let it bubble.
Feel it all.
It will feel rotten for a while,
then comes the morning...

Magic Carpet

Shel Silverstein

You have a magic carpet
That will whiz you through the air,
To Spain or Maine or Africa
If you just tell it where.
So will you let it take you
Where you've never been before,
Or will you buy some drapes to match
And use it
On your
Floor?

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.
For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.
It watched you play with the seduction of safety
And the gray promises that sameness whispered,
Heard the waves of turmoil rise and relent,
Wondered would you always live like this...

John O'Donohue

Our survival adaptations are so tough, but our wounds are so delicate. To heal, we have to lift the armor carefully- it saved our lives, after all. It's like moving your best friend off to the side of the path. You don't trample on her, you don't hit her with a sledgehammer. You honor her presence like a warm blanket that has kept you safe and sound during wintry times. And then, when the moment is right, you get inside and stitch your wounds with the thread of love, slowly and surely, not rushing to completion, nurturing as you weave, tender and true. The healing process has a heart of its own, moving at its own delicate pace.

Jeff Brown

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

Barbara Kingsolver



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

Linnea Nelson

My most lasting transformations happened in the subtleties, in those private moments of decision as to which path to walk. In every moment, there is a choice: Will I open, or close? Will I take responsibility, or blame? Will I download the learning, or deflect? Will I go to my edge, or fall back to safety? Will I honor my intuition, or listen to the world? Millions of moments of decision that inform who we become. Getting out of Unconscious Prison is a life-long journey. True path is built with many tiny choices.

Jeff Brown

Transformation means complete and total metamorphosis... And certainly some of us may be ready to embrace that... But I think that most weeks I am like a lot of our parishioners—not all, but most—when I say that I’m not looking for a religion that tells me from the get-go that I need a complete overhaul. I’m looking for a religion that first and foremost welcomes me as I am, a busy, flawed, often bewildered person who is doing her best in a complicated world... we’re not talking semantics here; we’re talking about a foundational theological statement: Are you good enough to walk into Unitarian Universalism as you are, or do we need you to change into something other than you are? Can’t have it both ways. I take the side of welcoming you as you are... That’s the Unitarian Universalist theological position, the non-Calvinist-no-original-sin religion I was born into, and I’m still drawn to it. Inherent dignity. Inherent worth. Our theology says you need not be transformed first. Come as you are and be blessed.

Rev. Jane Rzepka

Look at the facts of the world. You see a continual and progressive triumph of the good. I do not pretend to understand the moral universe; the arc is a long one, my eye reaches but little ways; I cannot calculate the curve and complete the figure by the experience of sight; I can divine it by conscience. And from what I see I am sure it bends towards justice.

Theodore Parker

Song of the Shattering Vessels

Peter Cole

Full poem here: <http://tinyurl.com/y46csasp>

Spoken: <http://tinyurl.com/y4kl83st>

“Either the world is coming together
or else the world is falling apart...”

Today, tomorrow, within its weather,
the end or beginning’s about to start...

The image, gradually, is growing sharper;
now the sound is like a dart:

It seemed their world was coming together, but in fact it was falling apart.

That’s the nightmare, that’s the terror,
that’s the Isaac of this art—
which sees that the world might come together
if only we’re willing to take it apart....”

To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness. What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places – and there are so many – where people have behaved magnificently, this gives us the energy to act and at least the possibility of sending this spinning top of a world in a different direction. And if we do act, in however small a way, we don’t have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory.

Howard Zinn

A person will worship something, have no doubt about that. We may think our tribute is paid in secret in the dark recesses of our hearts, but it will out. That which dominates our imaginations and our thoughts will determine our lives, and our character. Therefore, it behooves us to be careful what we worship, for what we are worshipping we are becoming.

Ralph Waldo Emerson

Listen to the MUSTN'T

Shel Silverstein

Listen to the MUSTN'TS, child,
Listen to the DON'TS
Listen to the SHOULDN'TS
The IMPOSSIBLES, the WONT'S
Listen to the NEVER HAVES
Then listen close to me—
Anything can happen, child,
ANYTHING can be

Our whole spiritual transformation brings us to the point
where we realize that in our own being, we are enough.

Ram Dass



Songs

Black as Night

Nahko and Medicine for the People

<http://tinyurl.com/y46oq7om>

"I believe in the good things comin'
Out of darkness, lion heart pumpin'
Into white light, all things runnin'
Who have I been, who am I becomin'..."

Follow The Sun

Xavier Rudd

<http://tinyurl.com/y6kpsee6>

"Tomorrow is a new day for everyone,
Brand new moon, brand new sun..."

Passion Play

William Fitzsimmons

<http://tinyurl.com/y7mk9cf2>

"I just want to be not what I am today..."

Stay Alive

José González

<http://tinyurl.com/y7arbkok>

"There is a truth and it's on our side
Dawn is coming, open your eyes..."

Rise Up (song)

BiFrost Arts

<http://tinyurl.com/yyjgimw4>

Roll Away The Stone

Kelly Joe Phelps

<http://tinyurl.com/y3uwlw2p>

Feeling Good

Nina Simone: <http://tinyurl.com/q3v5gqf>

Michael Bublé: <http://tinyurl.com/ccjlwja>

"It's a new dawn
It's a new day
It's a new life
And I'm feeling good..."

More "Emergence Songs" are found on our April Spotify playlist. Click [here](#) to listen and download!

Online

Rebirth not Resistance!

Michelle Alexander

<http://tinyurl.com/yyw3rail>

A call to put rethink the idea of resistance and reclaim ourselves as part of a bold and beautiful movement of rebirth instead!

Reinvent your Life

Charles Bukowski

<http://tinyurl.com/zqtrs8f>

Goo and You - Radio Podcast

<http://tinyurl.com/myn5n7r>

Producer Molly Webster peers inside a caterpillar pupa and witnesses some of the most complex and confounding biology happening on earth, stumbling into ancient questions of change. What of us carries on as we emerge into something new? What of our future self is already in us now?

Shake My Future

Dorothea Smartt

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

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

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

The Bridge Between The Past, Present and Future - TED Talk (must watch!)

David Whyte

<http://tinyurl.com/y4znqj8f>

David Whyte meditates on the place where our present turns into our future, life-giving heartbreak and the illusions that keep us from emerging into the new lives waiting for us.

What Will Change in Your Lifetime?

People from 5-100 years old answer

<http://tinyurl.com/y388ljca>

Podcast Passover and Easter - On Being

(The miracles that emerge from suffering and violence)

<http://tinyurl.com/yxwcq6y4>

Reconsidering the Transformation of The Cross

Nadia Bolz Weber

<http://tinyurl.com/y9c7h5x5>

New and emerging understandings of the cross...



The Operating Definition of Racism Needs an Overhaul

<http://tinyurl.com/y3ojzmz9>

Emerging racial justice conversations: Tackling the racial income gap

The Spiritual Work of Black Lives Matter - On Being podcast

The belief that Black Lives Matter, the questions it makes us ask and the new world that emerges when we dare to answer...

<http://tinyurl.com/y26fho2f>

"I think what Black Lives Matter is a living case study about is about narrative change and framing. Because then it leads to, "OK, if black lives matter, then what does it mean for schools?" "If black lives matter, then what does it mean for police reform?" "If black lives matter, what does it mean for economic development and jobs?" And so it leads to a whole host of, "OK, so if that's true, what does that mean?" I think for those of us in my generation, Patrisse, who are in charge of stuff, it challenges us to rethink our frames and pick different kinds of fights...This is powerfully spiritual, important work upon which the future of this nation rests..."

Articles

7 Signs You're Experiencing a Major Spiritual Transformation (and emerging into something new)

Natasha Che

<http://tinyurl.com/y6q9b8g5>

Reflection: Change as a Catalyst for Transformation (Falling apart as the doorway to emergence of the new)

Richard Rohr

<http://tinyurl.com/y2tvvwjy>

Books

Homo Deus

Yuval Noah Harari

Review: "On humanity's future, and our emerging quest to upgrade humans into gods... As the self-made gods of planet earth, what destinies will we set ourselves, and which quests will we undertake? Homo Deus explores the projects, dreams and nightmares that will shape the twenty-first century—from overcoming death to creating artificial life. It asks the fundamental questions: Where do we go from here? And how will we protect this fragile world from our own destructive powers?"

Wild

Cheryl Strayed

Review: "Reading Wild helped me realize that every step forward is a step into a new future, new hope and new opportunity. And however scary you find that, what you can't do, and must never do, is stop walking."

Movies

Million Dollar Baby

Review with connection to emergence and Easter:

<http://tinyurl.com/y2xsog74>

Short Term 12

<http://tinyurl.com/yxz7yum3>

A "damaged" supervision, a halfway house of "damaged" teens, the grace-filled mess that ensues and the wholeness that emerges.

Moonlight

<http://tinyurl.com/yvbtncs9>

Review and spiritual commentary:

<http://tinyurl.com/y4burcq3>

"At some time, you gonna have to decide for yourself who you gonna be. Can't let nobody make that decision for you."

Call Me By Your Name

<http://tinyurl.com/y64xolwq>

Slumdog Millionaire

<http://tinyurl.com/y2qbpdbp>

A hard won and hopeful future emergence But Slumdog Millionaire, Jamal (Dev Patel) proves that his past can't control his future.

The Up Series (1964-present)

<http://tinyurl.com/zmrk547>

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Learn how to join at

<http://www.soulmatterssharingcircle.com/>



Soul Matters



Committee and New Idea “Meet-And-Greet” Sunday, April 7th Coffee Hour

In response to the request at the Town Hall meeting in January, we will hold a “Meet & Greet” for Committees and New Ideas; this was called a “Committee Fair” during the Town Hall. There are new and exciting ideas brewing, and we want to get people in touch with each other!

With that in mind, there will be **Committee Meet & Greet after church on Sunday, April 7.**

Each Committee should bring a sign to place on your table. People will be invited to circulate and visit different committees, and folks who offered to host a new project, such as seniors’ co-operative living, and the intellectual / Open Dialogue discussion group. Each Committee / Project Idea should have one to two people at their table, to encourage memberships, and to explain more about what your committee or group does (or will do), and when it currently meets or will meet. There will also be an opportunity to discuss the possibility of having new ideas combined with existing committees.

Please feel free to bring any written information about your committee or your idea, and if seeking new members, bring a sign-up sheet.

If you have any comments on this plan, please share them with me. We are looking forward to it!

Thank you,
Mary-Anna Louise Kovar, President, Board of Trustees



Build Your Own Theology 1

Join us as we explore the fundamental religious and spiritual beliefs, values, and convictions that inform and direct our lives. We will begin by looking at our UU principles and sources, explore our personal understanding of human nature, ultimate reality, ethics, and what gives meaning to our lives. By the end of our time together we will each have written own personal credo - the principles that guide how we act in the world.

Facilitators: Rev Debra Faulk and Lynn Nugent

Time: Wednesdays 7 - 9 p.m. April 10 - May 29.

Deadline for registration April 17th as we need to order copies of the book of readings for each participant.

Cost will be approximately \$20.00; subsidy available upon request.

For further information or to register, email Lynn Nugent at lnugent@shaw.ca



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

Current Groups meet:

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

4th Sunday of the month 12:00 – 2:00

Exciting New Volunteer Roles Available

Calgary Unitarians is unique because we have a specific committee for Adult Religious Exploration (ARE). The committee's roles have been done by a few people over the last 5 years but now it's time to turn these roles over to others. The following jobs can be done by one person or could be split into three areas. Are these of interest to you? Do they include some of your strengths?

ARE Brochure Update: Collate and update information on adult programs offered by Calgary Unitarians. Ideally, an updated brochure is available by late June as there is an increase in people exploring church communities in August and September. With knowledge of current programs, this volunteer will coordinate with the Webmanagers to create and maintain current ARE webpage content. Skills required: very good Word skills and collating information from various contacts. Training available as needed and ideally someone will participate in the next brochure update. Estimated time: 2 to 5 hours per brochure revision and 3 (or so) hours per year for liaising with Webmanagers.

ARE Administrative Tasks and Roles: Participate in the Council of Committees, write the annual report, prepare budget, train & motivate leaders on promoting programs, liaise with Board members, and the Office Administrator. Estimated time: 10 (plus) hours per year.

ARE email contact: forward emails received from people who register online for various church programs to the main program contact. Estimated time: about 2 hours per year.

These roles are the basic ARE committee tasks, but there is room for creating and supporting various adult programs and ideas. If this is your passion, perhaps you would be willing to organize one to two meetings annually for program coordination and inspire key adult program contacts to offer a suitable balance of programs.

Does this sound like your opportunity to contribute to Calgary Unitarians? Contact Wendy Benson

AdultPrograms@calgaryunitarians.ca





The Many Faces of Grief

Grief has affected us as a community this past year more than ever. Grief is often misunderstood, minimized, avoided, or suffered in silence.



You are invited to join Kathryn Burwash, MSc. R.Psych. for a half day workshop sharing what she has learned from her work with the Grief Support Program at Alberta Health Services. We will discuss the nature of grief vs myths and misconceptions, how to recover from your loss, and how best to support those who are grieving.

Date and Time: Saturday May 11, 1:00 - 4:00 PM

Place: Calgary Unitarians 1703 First Street NW

Fee: No charge

Death is Not an Option

Workshop 1: Are You Prepared?

You are invited to join Lay Chaplains Bev Webber and Lynn Nugent for a practical and heart centered look at death and dying. The first in this series of half day workshops 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. Sources for further information and assistance will be provided.

Date and Time: Saturday April 27, 1:00 - 4:00 p.m.

Place: Calgary Unitarians, 1703 First Street N.W.

Fee: \$10.00 - Subsidy available on request.



Workshop 2: Signposts of Death

You are invited to join Lay Chaplains Bev Webber and Lynn Nugent for a practical and heart centered look at death and dying. The second in this series of half day workshops will focus on understanding the physical processes the body goes through in death. What are the signposts of death and how can we be supportive when we are companioning the dying? What are our hopes and fears around our own death?

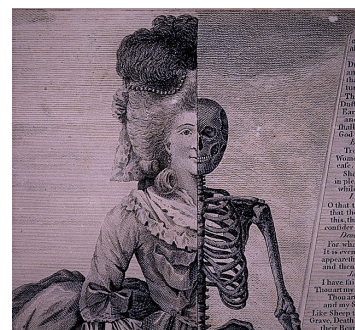
An opportunity will be given for those who attended the first workshop to speak about their experiences of "getting prepared".

Date and Time: Saturday June 1, 1:00 - 4:00 p.m.

Place: Calgary Unitarians, 1703 First Street N.W.

Fee: \$10.00 - Subsidy available on request.

To Register for either or both workshops, or for more information, contact Lynn or Bev at laychaplains@calgaryunitarians.ca





It's Time to Climb!

Calgary Unitarians have a longtime association with the AWA annual Climb for the Wilderness. This is Alberta Wilderness Association's annual Earth Day event. Volunteers solicit pledges and then climb up 1,204 stairs inside the Bow tower will help protect wilderness and wildlife in Alberta. In 2019, the Climb will be held on April 27, at the Bow Building, 500 Centre Street SE, Calgary. Registration and Check-in opens at 8.00 am.

AWA requires a minimum fundraising amount of \$50 (\$25 for 15 and under), to go towards the protection of wilderness and wildlife in Alberta. You can climb as an individual or as a team! REGISTER TODAY! <https://climbforwilderness.ca/>



CLIMB

FOR WILDERNESS



Invitations Beyond Our Walls

Unitarianism

CUC – Canadian Unitarian Council

Virtual Opportunities

Gathered Here:

Young Adult (18-35) monthly check-in April 8

Webinar - Connecting Across the Generations
April 13

Webinar – Photography and Video 101

To register <https://cuc.ca/events-calendar/>

Interfaith

Interfaith Seder

Beth Tzedek Congregation

1325 Glenmore Trail SW

Monday April 16 6:30 – 8:30

The Seder will offer the experience of this Jewish ritual meal with a focus on stories of freedom and the challenge to address prejudice. Free will offering welcome. The meal will be provided; RSVP required info@bethtzedec.ca or (403) 255-8688.

Building Sacred Bridges Interfaith Concert

Sunday May 5 7:00 pm

Fundraiser for Interfaith Habitat for Humanity Build.

The goal is \$1 Million; donations are sitting at \$920,000. The hope is that this concert will be the final fundraising activity needed to reach the goal.

Community

Calgary Alliance for the Common Good (CACG)

Contact: Rev Debra Faulk

Discernment Assembly April 1 7:00 – 9:00

At Temple B'nai Tekvah – member organizations will select the focus for initiatives going forward and establish Research Action Teams for implementation. Calgary Unitarians is a member organization eligible to vote on the direction.

Foundations for Community Organizing

Contact: Rev Debra Faulk

Friday April 26 7:00 – 9:30

Saturday April 27 9:00 – 4:00

Christ Church Anglican, 3602 8 St. SW

This is the basic training for CACG with the content based on the philosophy and practices developed by the Industrial Areas Foundation (IAF) with over 70 years of community organizing experience.

The training provides the foundation necessary for individuals or organizations to participate effectively with the Calgary Alliance for the Common Good.



Order Your April Co-op Cards for All Your Spring Celebrations!

Co-op card gift cards are an easy way to support our church. Use them for groceries, gas or to stock up the liquor cabinet; purchasing a Coop card from us costs you nothing. When you spend \$100, you GET a \$100 gift card AND Co-op donates back to the church. Win-win!!

Use the gift cards like cash when you make purchases at Calgary Co-op (or any affiliated Co-op in Western Canada). If you're a Co-op member, you also receive dividends at the end of each year.



Order your April Gift Card (by cheque, cash or e-transfer) on or before Sunday, April 7th

We'll collect your order after the church service on April 7th or you can order in advance by placing your cheque or e-transfer pledge in the church office before April 7th.

Pick up your order the following Sunday, April 14th.

Questions? Contact anyone on our team: Ev Dewar Barbara Lane, Alex Russell, Sheila Ward, or Tamara Ryan
coopcards@calgaryunitarians.ca

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 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.

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@calgaryunitarians.ca
403 702-6486

Director of Religious Exploration / Youth Program Coordinator

Sheila MacMaster 403-404-1361
dre@calgaryunitarians.ca

Music Director

Jane Perry
music@calgaryunitarians.ca

Administrator

Martha Mantikoski
office@calgaryunitarians.ca
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.calgaryunitarians.ca
Phone: 403-276-2436

Publishing the Quest

The Quest is published 11 times per year. Electronic copies are available at www.calgaryunitarians.ca. Submissions of articles, photographs, and event announcements are encouraged.

If you have questions about the Quest, please email:
quest@calgaryunitarians.ca.

***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@calgaryunitarians.ca

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 via email at office@calgaryunitarians.ca

Lay Chaplains: Beverly Webber and Lynn Nugent

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@calgaryunitarians.ca.

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@calgaryunitarians.ca