

The Quest



April 2020 Services - Theme: Wholeness



Inside This Issue

Debra's Deliberations 2

Shavings from the Board 3

Upbeat News 4

CYRE News 5

Participation in Sunday Services will be online or by phone

[Pre-Service Social](#) (9:30 – 10:15)

[Post-Service Coffee Time](#) (11:30-1:00)

[Sunday Service](#) (10:20 – 11:30)

If you prefer to join by phone, the number to call is 587-328-1099.

Use the webinar ID 923-914-002

The meeting ID is 222-548-755 for both pre- and post- service chats.

The webinar ID is 923-914-002 for the Sunday Service.

The Sunday Service Invite that includes the order of service and any lyrics/ shared readings will be sent by email every Friday and posted to the website. If you would like to be included on the email list please contact office@calgaryunitarians.ca

April 5 A Hidden Wholeness

Finding touchstones to hold us in these times. Inspiration from Parker Palmer's book A Hidden Wholeness: The Journey Toward an Undivided Life, Welcoming the Soul and Weaving Community in a Wounded World

April 12 Cycles of Wholeness

Easter Sunday opens the conversation about idea of renewal in the natural world, in different faiths, in our own lives.

April 19 Whole World Round

This year recognizes 50th anniversary of celebrating Earth Day. Creative virtual celebration of this day to honour our beautiful blue-green planet.

April 25 A World of Poetry

International Poetry month's theme is the title for this service and will inspire this morning's offering.



So much has shifted in our world in the last month.

We are all practicing physical distancing as we continue to stay socially, emotionally and spiritually connected. It is a global experience that unlike a world war, has no side to take, we are in this together. It is the most concrete expression of our profound interconnectedness I have experienced in my lifetime. We are now in a time that has and is changing human history. I find myself asking if this a detour or a crossroad? Have you ever had the experience of a forced detour taking you to unexpected places for which you are grateful – let us notice those places and moments of grace as we navigate this new road. I know that we are just at the beginning of this journey, this is uncharted territory.

Debra's Deliberations



I do so want to offer a voice of hope in the midst of so much anxiety, to remind us that we are in this together, to encourage reaching out in all the ways we can these days. Personally, I am striving to balance being informed with not becoming overwhelmed, facing the realities before us while also seeking out stories of cooperation, collaboration, to let the tears flow and also to know it is OK, even good to laugh as well, to celebrate how this shared experience is really showing us all that the most important human experience is connection.

Connection and communication have been my prime foci. Along with the rest of your staff we are trying to provide many opportunities to connect and with thanks to Martha, to communicate those broadly. Thanks to Martha for enhanced communications (see front page). Each program staff person is offering different sorts of events. They will all be in the Staying Connected email.

Here are a few options I'm hosting:

Tuesday Vespers Gathering 7:00 – 8:00 pm - meeting ID 945-500-546 to join. Rev Debra & Jane Perry will offer an alternative worship time, a time for connecting, for centering and for reflection with readings, music and silence. The format is evolving to meet the needs of those attending so your feedback is appreciated.

Wednesday Morning Coffee 10:00 -11:00 - meeting ID 608-478-914.Casual drop in time

Thursday Happy Hour 4:00 – 5:00 - 954-373-704 drop in with or without your favorite beverage, to chat and socialize.

I am also available if you would like a personal one-on-one conversation or if you have any thoughts or feedback. debra@calgaryunitarians.ca or (43- 702-6486).

I find my heart filled with gratitude and appreciation for this community – to everyone who continues to be the Beloved Community. I send special thanks to: your **Board of Trustees** for the early decision that the health and well-being of everyone required moving to virtual format and that continuing to pay our staff, including contract people is the just thing to do; **Staff Team** for incredible flexibility and adapting; **Caring Team**, Donna, Kathryn and Marie for reaching out to everyone; **AV Team WOW** – Mich, Hendrik, Jim, Christopher, Bob B for untold hours to keep us virtually connected - especially the Sunday Service. **Worship Arts Team**: Lynn, Hendrik, Lara, Cathy, Mary Anna Louise, Marcia – working with the amazing AV Team to craft a time to gather, to be inspired and hope-filled, to share joys and concerns, and feel connected.

We are blessed and we are not alone

Namaste,
Debra



Shavings from the Board

Greetings from the Board. This past little while has been quite a challenge for all of us. Kudos to our staff who have risen to the challenge of continuing to do their work when almost everything they do has to be done differently. We are so grateful for your efforts. Kudos to the tech team in meeting the challenge of transitioning what we usually do together in person to the virtual realm. And thanks to all the Calgary Unitarians teams and committees who are finding ways to care for our church home and our beloved community. There may be some of you wondering about our budget planning and our AGM and I want you to know that the Board has not lost sight of these. With things changing every day nothing is certain, but we are working toward budget planning and the intention to have our AGM as required by our bylaws. We are still hoping to have the pre-budget conversation that is scheduled for April 26 and it may need to be a virtual meeting that all who are interested will be welcome to join. The AGM is also likely to be done by zoom as well. Please do take note of the e-news mailings as this is currently our best option for communication with the congregation.

I highly recommend attending some of the zoom events that are keeping us connected even as we isolate ourselves and/or practice physical distancing. There might be occasional glitches but I have found the ones I have attended to be well worth managing the tricky parts. If you find zoom difficult, we are happy to provide coaching outside of the zoom events so that you can have a better experience.

Wishing you wellness, safety, and connection.

Mary-Anna Louise Kovar

President, Calgary Unitarians Board of Trustees

Show Your Caring Spirit - Join Our Team!

Are you aware that we are all members of the Caring team when we deepen our relationships?

Are you aware of everything the Caring Team does?

We respond to requests via green cards and our email address and light Candles of Care during Sunday Services. We send cards to recognize joys and sorrows, arrange for hospital and home visits, give hand knitted comfort shawls, organize monthly Souper Sundays, organize the provision of freezer meals, and assist the Membership Committee with the Annual Strawberry Tea.

Our present Committee members are Donna Ontonio, Kathryn Burwash, and Marie Collins. We would love some extra caring hands and hearts on our team! Most of our jobs only require 2-3 hours a month and you only need to volunteer for one!!! If anything interests you or you have questions please let us know.

You can contact us at caring@calgaryunitarians.ca

Caring Hands Up





♪ UpBeat News with Jane Perry ♪

It may seem odd to start a music column with a story that's not about music. Trust me --- this is going somewhere. Thanks to retired UU minister Marcel Duhamel for introducing me to this tale.



The ancient Chinese parable of the farmer

There once was a farmer whose horse ran away. "Such bad luck!", cried his neighbours. "Maybe yes, maybe no," said the farmer. "It's simply too soon to tell."

Later that same week, the horse returned with another horse behind it. "What good fortune!" said the farmer's neighbours. "Maybe yes, maybe no," said the farmer. "It's simply too soon to tell."

The farmer gave the second horse to his eldest son, who rode it out one day and was thrown, breaking his leg in two places. "Such hardship!" the farmer's neighbours sympathized. "Maybe yes, maybe no," said the farmer. "It's simply too soon to tell."

The following week, the emperor's army rode through the village, conscripting the eldest son from each farm. Because the farmer's son had a broken leg, the army passed him by. "What amazing happiness!" shouted the neighbours. "Maybe yes, maybe no," said the farmer...

...it's simply too soon to tell. Here we are together, at the beginning of some strange times in our modern history, when the potential for meaning-making is everywhere. Some great concerts that should happen in a timely fashion have already been or will likely be postponed, but I list them here for all of us as things to look forward to in the fullness of time. When, exactly, will they happen? Maybe sooner, and maybe later. It's simply too soon to tell. But they will definitely happen. In the meantime, remember that we're all in this together. The magic of chaos is that sometimes true beauty and unexpected strength emerge from its midst. Let's be kind to each other and remain open to the possibilities as we watch and wait together.

Postponed: Cabaret 2020 "Homemade Music." UUphoria, Chor Vida and I are hoping to re-schedule this one for June 2020, and for autumn 2020 at the outside.

Still on the books so far:

Sunday, May 31 at 2:30pm. Calgary Renaissance Singers & Players presents "Renaissance Treasures II: Jubilee!" at the Rozsa Centre. www.renaissance-singers.com

Saturday, June 13 at 7:30pm. One Voice Chorus presents "The Story Project" with guest poet Sheri-D Wilson at St. Stephen's Anglican Church. www.onevoicechorus.ca



Things you can count on: Music Director Jane Perry and our amazing in-house Calgary Unitarian vocal soloists and instrumentalists will provide some great music at our live-streaming Sunday worship services in the weeks ahead. See you online on Sunday mornings!



Religious Exploration Program

Staying Connected with DRE Sheila

Check out our list of ways to connect this month.

All meetings are **online** through Zoom; the links can be accessed here or from our up to date list in the weekly eNews.

Online Coffee Time!

Weekly Wednesday Coffee **Wednesday mornings 11:00 am - Noon**

Check in, share ideas and connect!

DRE Coffee Chat and Story Time **Thursday evenings 6:00 - 7:30 pm**

6:00 - 7:00 pm **Coffee Chat** Family oriented check in and chat with your host DRE Sheila

7:00 - 7:30 **Story Time** Enjoy listening to our reader share select children's stories.

Open to the young at heart of all ages.

Young Adults

Weekly YA Connections **Sundays 6:00 pm**

Join with Young Adults (40ish and under) for a time of reflection and connection. We will have a chalice lighting, check-in, theme questions followed by open connecting time. Hosted by DRE Sheila MacMaster.

Children and Youth Weekly Newsletter

Check out our weekly CYRE newsletter for great weekly activities to do from home, videos, educational links and more! Want to be added to our weekly distribution list? Email dre@calgaryunitarians.ca

Sunday Youth Class

For youth grades 7-12, join us every week for chalice lighting, check in and an engaging theme.

2:00 pm Sundays Weekly

Want to be added to our weekly invite list? Email dre@calgaryunitarians.ca





Kudos!

Many thanks to the dedicated operators who have helped make our Sunday services sound and look good this year. They are:

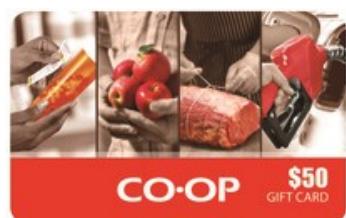
Sound operators Bob Willson, Les Ryan, Christopher Fietz, Jim Washbrook, Hendrik Schaink, and Diane Allen; and

Video operators Bob Barnim, Paul Dorotich, Ned Leavitt, Christopher Fietz, Jim Washbrook, Hendrik Schaink and Mich Michell.

And an extra thank you to Mich Michell for his endless patience teaching the staff how to use Zoom, and to Jane Ebborn for hosting meetings teach all of you to connect via Zoom.

Kudos Mich and Jane for keeping us all connected during these 'interesting times'.

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 information by emailing Kudos@calgaryunitarians.ca



The Calgary Unitarians Co-Op card program has been suspended until further notice. Watch this space and the weekly eNews for updates on its return.

No Foolin' - It's Pub Night... Online!



When: April 1 from 7:00-9:30pm

Where: On Zoom! See link below

Pub Night is still a night of great conversation and fellowship - even if we can't do it in person right now. Since we can't make it to the pub this month, we'll do it via Zoom. Grab your favorite adult beverage (or whatever your heart desires!) and come virtual pubbing with your Calgary Unitarian community!

[**Join Zoom Meeting**](#)

Meeting ID: 954 636 936

Audio ONLY via phone

587-328-1099

Meeting ID: 954 636 936



What Does It Mean to Be A People of Wholeness?

Let's just say that we're skeptical about rushing in to fix things.

We Unitarian Universalists understand the urge to restore what once was. Nothing is more human. Who doesn't want to reverse the damage? Who doesn't hold on to the humpty dumpty hope that all can be put back together again? But our faith teaches us that this is just not how the world works. Transition and change rule the flow of life. There is no going back. The current of time is just too strong.

And so the wholeness offered us is not that returning our lives to their original state but working with what remains to make something new. The shards are not pieces of a puzzle that need put perfectly back together, but building blocks waiting to be molded into a yet to be imagined form. To be made whole again is to be reorganized, not restored.

Another way to put this is to say that there is freedom in the breaking. The cracks make room for creativity. That's not to minimize the pain. And it's certainly not a way of justifying tragedy as "part of God's plan." Rather, it's a call for us to perceive the broken pieces of our lives as more than just a pile of worthless and ruined rubble. "Look closer," says our faith, "that ash, if worked with, can give birth to a Phoenix."

So, what piles of rubble in your life need revisited? What longing for what was needs let go so a new wholeness can emerge?

And how might you break open even further? Because that's part of this too, isn't it? "Your broken pieces are more than rubble" is not the only counterintuitive thing our faith tells us about wholeness. It also urges us to "Crack wider!"

As odd as it sounds, we were meant to be broken, broken open to be exact. Over and over again, our faith reminds us that protecting our personal wholeness is only half the game. The equally important part of life's journey is about letting in the wholeness of world!

It's about cultivating cracks on purpose. It's about becoming intentionally exposed. As Leonard Cohen famously put it "Cracks are how the light gets in."

Broken hearts hurt but they also let in and allow us to connect with the pain of others. Protected hearts may seem safe, but our armor only ends up being a prison. It's one of the most important but paradoxical spiritual truths there is: Broken people end up bigger people.

So, in the end, maybe that's our most important "wholeness question": How are your cracks inviting you to become larger? What cracks do you need to cultivate on purpose?



Our Spiritual Exercises

Option A: Name Your Names

Israeli poet, [Zelda](#), speaks powerfully to this month's theme with her poem, [Each of Us Has A Name](#). With it, she reminds us that our wholeness is not so much a matter of holding tight to your one true name, but embracing the many names given to us by the experiences of our lives. The full poem can be found at [this link](#), but here's a taste:

*Each of us has a name given by God
and given by our parents...*

*Each of us has a name given by the mountains
and given by our walls...*

*Each of us has a name given by our sins
and given by our longing...*

So, this month, you are invited to reflect on how these universal experiences have “named you.” Spend a few hours or a few days going through Zelda’s poem line by line, stopping after each one to think about how that experience imprinted itself on your and added a dimension to your wholeness, for better or worse.

It helps to think of each of these experiences as completing the sentence, “You are...” So here’s an example of what you might ask yourself as you work with each line:

What name was I given by “God”(or Love)? How did my first God experience complete the sentence, “You are ...”

What name was I given by my parents? How has my relationship with them completed the sentence, “You are ...”

What name was I given by the mountains? How has my experience with nature completed the sentence, “You are ...”

What name was I given by my “sins”? How has my experience with my shadow side or mistakes completed the sentence, “You are ...”

After answering the questions, consider assembling all of your names into a list that functions as a poem of sorts. Read your many names aloud one by one, or ask someone close to your to read them as you listen.

Come to your group ready to share what surprised you about the exercise and the 1 or 2 most significant insights it gave you.

Alternative Approach: You can streamline and focus this exercise by reading through the poem multiple times until **a single line** pops out for you. In other words, don’t engage each line but instead *find the one line that engages you*. Come to your group ready to share why you think it stuck out for you and where it led you.



Option B: Test to See Which Wholeness is Yours

Some personality tests help us identify our strengths; others our unique ways of perceiving the world. The Enneagram aims to capture us in our wholeness. It helps us understand ourselves at our best and our worst. It is also based on how we deal with stress and fear, or to put it into the language of this month's theme, how we maintain and restore our wholeness in the face of stress and fear.

So this month, as your spiritual exercise, engage the Enneagram and what it says about the best and not-so-best of your whole self. Here are some ways into the work:

Read About the Various Enneagram Personality Types:

A quick overview of the types: <https://tinyurl.com/y6bpbbb6>

A detailed description of each type: <https://tinyurl.com/p7rxf43>

The types framed in terms of "at your best and worst" and from a Christian perspective: <https://tinyurl.com/yy4rgfhh>

The types framed in terms of one's fears: <https://tinyurl.com/yyxd6xm7>

How the Enneagram differs from the well-known Myers Briggs test: <https://tinyurl.com/y6fphfs7>

The book, [The Road Back to You](#)

The book, [The Sacred Enneagram: Finding Your Unique Path to Spiritual Growth](#)

Take the Test: Choose one of these or try them all...

A 36 question test: <http://www.9types.com/newtest/>

A longer a 60 question test: <https://similarminds.com/test.html>

Come to your group ready to share what your reading and test taking helped you realize about the work of embracing your whole self. Talking about our growing edges as well as our strengths is never easy. Be sure to pay attention to how easy or difficult it was to be gentle and generous with yourself.

©2019-2020 Soul Matters
ALL RIGHTS RESERVED
Packets are for use by
member
congregations of the Soul
Matters Sharing Circle.

Packets are for use only by member congregations





Option C: The Wholeness of Another

This exercise invites you to explore your experience of wholeness by learning about the wholeness of others. Hearing how others talk about their lives clarifies our own. So pick 2-4 people to interview this month about wholeness. We suggest that you use the following five questions:

1. When was the first time you thought to yourself “I’m complete”?
 2. In what *space or place* do you feel most whole? How often do you spend time there?
 3. How has your understanding of wholeness changed with age?
 4. What was your proudest moment of maintaining and standing up for your wholeness?
- What part of yourself hasn’t been let out in a while?

If these five questions are too many or not quite right, then alter the list any way you like. The Your Question section below contains additional ideas. The important part is to ask each person the same question or questions. The contrasting answers and differing perspectives enable new insights to emerge.

Who you pick is also a value part of the exercise so pay attention to the feelings and motives that arise. Are you nervous or excited? Are you only picking people you are comfortable with? Do you see the topic of wholeness as a chance to go deep with someone or impolite because it is too intimate of a topic? Are you surprised that you you’ve never talked with these people about this before?

Come to your group ready to share not just your reactions to the answers you gathered, but also your experience of choosing your questions and interviewees.

Option D: Find Wholeness in Our Recommended Resources

Our recommended resources are full of wisdom about what it means to be a people of and a person of wholeness. Engaging these resources and finding the one that especially speaks to you is a spiritual practice in and of itself.

So, if none of the above exercises speak to you, engage the recommended resources section of this packet as your spiritual exercise for the month.

Set aside some regular time throughout a week to go through them and meditate on them until you find the one that most expands or deepens your understanding of sanctuary. After you’ve found it, consider printing it out and carrying it with you or pinning it up so you can continue to reflect on it throughout the weeks leading up to your group meeting. Come to your group ready to share where the journey led you.



Your Question

As always, don't treat these questions like "homework" or a list to covering its entirety. Instead, simply pick the one question that speaks to you most and let it lead you where you need to go. They are here to help you figure out what being a person of mystery means for you and your daily living. So, which question is calling to you? Which one contains "your work"? Where is it trying to lead you?

- 1) When were you first invited into a circle that helped you feel whole? How does that story still direct you today?
- 2) Is wholeness for you a solitary or relational journey?
- 3) When did you first discover that repairing the world is one of the best ways to put yourself back together?
- 4) In what *space or place* do you feel most whole? How often do you spend time there?
- 5) Who taught you that wholeness does not mean perfection? Who helped you with the work of embracing brokenness, rather than trying to fix or hide it? How have you passed on that lesson? Does someone in your life need that lesson now?
- 6) How has your understanding of wholeness changed with age?
- 7) What was your proudest moment of maintaining and standing up for your wholeness?
- 8) What part of yourself hasn't been let out in a while?
- 9) Masks hide our wholeness but sometimes they keep it safe. Has that ever been true for you?
- 10) Was it ever easier for you to live through someone else than to become complete yourself?
- 11) Can you name the three most prominent aspects of your shadow side? What are you learning about accepting and embracing them? If your child or a significant young person in your life asked you about facing their shadow, what advice would you give?
- 12) When was the last time you felt "most me"? Did you promise yourself anything in that moment? Did you tell yourself something to never forget?
- 13) Has empathy ever been a doorway to wholeness for you?
- 14) What if it's about belonging not becoming? What if wholeness is a matter of noticing we've already arrived? **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. Or maybe the question or call you need to hear is waiting in one of the quotes listed below. Consider looking there!



Companion Pieces

Recommended Resources for Personal Exploration & Reflection

The following resources are not required reading. We will not analyze these pieces in our group. Instead they are here to companion you on your 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 who Journey.

Word Roots

Our understanding of “whole” comes through the old Germanic and Norse languages: *hal, hala* which give the sense of entire, unhurt, uninjured, safe; healthy, sound; genuine, straightforward, undamaged, complete. Our word for health has similar roots.

Wise Words

My father is a professor and I learned from him that you don't really know something until you teach it to another. We don't really know our own wholeness until we see the wholeness of another or work to serve wholeness in our world. Wholeness, a sense of our own fullness, a spiritual realization of our own strength and beauty, is given when we give of ourselves... We heal our own aches by healing the aches in others. We put back the pieces of our own souls by helping others redeem their own wholeness.

[Rev. Anya Sammler-Michael](#)

Caring for others completes us.

Rev. Scott Tayler

You Are Not Enough

Alexis Engelbrecht, Soul Matters Family Ministry Coordinator

The phrase is everywhere. Though the words may vary, the essence remains: You are enough.

You have what it takes. If you just believe, anything is possible. You can do it.

May I suggest that you are not enough?

I am not enough. Each of us, as individuals, is not enough.

Alone, one can feel overwhelmed and hopeless. Alone, one must fend for oneself. Alone, one is left to only what one's personal experiences and knowledge.

No – I am not enough... but... when I am with another, my tears can be accompanied by the comfort of companionship. When I am with another, one seemingly impossible challenge is divided by half. When I am with many, the work is shared.

Our insights and wisdom multiple with the presence of others at the table.

We cannot be everything at once. Instead, when you are with me, and I am with you – when we are part of this community grounded in Love – we are enough...we are whole.

We are each of us angels with only one wing, and we can only fly embracing each other.

Luciano De Crescenzo

*He drew a circle that shut me out-
Heretic, rebel, a thing to flout.*

*But love and I had the wit to win:
We drew a circle and took him in!*

Edwin Markham

Communion Circle

Mark L. Belletini

<https://tinyurl.com/y27et4qv>

The earth.

One planet.

Round, global,
so that when you trace its shape
with your finger,
you end up where you started. It's one. It's whole.
All the dotted lines we draw on our maps
of this globe are just that, dotted lines.
They smear easily...

One cannot live in the world; that is, one cannot become, in the easy, generalizing sense with which the phrase is commonly used, a "world citizen." There can be no such thing as a "global village." No matter how much one may love the world as a whole, one can live fully in it only by living responsibly in some small part of it. Where we live and who we live there define the terms of our relationship to the world and to humanity. We thus come again to the paradox that one can become whole only by the responsible acceptance of one's partiality.

Wendell Berry

Wholeness does not mean perfection: it means embracing brokenness as an integral part of life. Knowing this gives me hope that human wholeness — mine, yours, ours — need not be a utopian dream, if we can use devastation as a seedbed for new life.

Parker Palmer

If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.

The Gospel of Thomas

To be whole is to make manifest a unique face of God in the world.

Mary Rose O'Reilly

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

Ralph Waldo Emerson

'Finding yourself' is not really how it works. You aren't a ten-dollar bill in last winter's coat pocket. You are also not lost. Your true self is right here, buried under cultural conditioning, other people's opinions and inaccurate conclusions you drew as a kid that became your beliefs about who you are. 'Finding yourself' is actually returning to yourself. An unlearning, an excavation, a remembering who you were before the world got its hands on you.

Emily McDowell

It is easier to live through someone else than to become complete yourself.

Betty Friedan

If I am to let my life speak things I want to hear, ... I must also let it speak things I do not want to hear and would never tell anyone else! My life is not only about my strengths and

virtues; it is also about my liabilities and my limits, my trespasses and my shadow. An inevitable though often ignored dimension of the quest for 'wholeness' is that we must embrace what we dislike or find shameful about ourselves as well as what we are confident and proud of.

Parker Palmer

Happiness is just one part of our existence, wholeness is to embrace all that is within us. It's to embrace our shadow qualities, to embrace our self-doubt, fear, anxiety, as well as the brightness, joy, and curiosity. It is all welcome.

Dan Putt

You need only claim the events of your life to make yourself yours. When you truly possess all you have been and done... you are fierce with reality.

Florida Scott-Maxwell

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!

Jellaludin Rumi, translation by Coleman Barks

As a Unitarian Universalist, I have come to see that universal salvation is not just for all of us but for all of me. There is no crevice inside of me that love cannot touch.

Paula Goldade, UU and Wellspring participant

Sometimes I think I have organized the inner crowd. For a brief, breathtaking moment, I feel completely whole. I understand that I am comprised of many selves that make up a single chorus. To listen to the music this chorus makes, to recognize it as music, as something noble, varied, patterned, beautiful — *that is the work of a lifetime*.

Dani Shapiro

On Easter and Wholeness

Spring and Easter don't preach the same sermon. Spring promises the inevitability of relief: The cold will end on its own and the flowers will naturally bloom. But Easter tells us that wholeness won't come without work. Whereas Spring says sit still and watch the mud transform into beauty, Easter says get busy and make friends with hard, dry earth. Dig in and don't be afraid of blistering your hands. The pain, sorrow and bloodied soiled is not redeemed by the seeds; it is the seed. So don't run



Each of Us Has A Name

Zelda (*translated by Marcia Falk*)

Full poem at <https://tinyurl.com/y5yv9w6t>

Each of us has a name given by God
and given by our parents...

Each of us has a name given by the mountains and given by
our walls...

Each of us has a name given by our sins
and given by our longing...

Here is the ultimate irony of the divided life: live behind a wall long enough, and the true self you tried to hide from the world disappears from your own view! The wall itself and the world outside it become all that you know. Eventually, you even forget that the wall is there — and that hidden behind it is someone called “you.”

Parker Palmer

In many shamanic societies, if you came to a medicine person complaining of being disheartened, dispirited, or depressed, they would ask one of four questions: When did you stop dancing? When did you stop singing? When did you stop being enchanted by stories? When did you stop finding comfort in the sweet territory of silence?

Gabrielle Roth

One Body

Rev. Steve Garnaas-Holmes

Unless you can feel it,
the one sinew running through our breath,
the one nerve in which we all throb,
unless you know in the worst terrorists
yourself,
and see in the most foreign face
your own heart looking out at the world,
unless you know in your gut
the demagogue, the refugee, the infidel
as part of yourself,
unless you feel in the loveless the Beloved
surely as in you,
you do not yet inhabit your body
and can't yet be
the one
we already are.

Remember

Joy Harjo

Full poem found at <https://tinyurl.com/ttce7gi>

Video meditation using poem: <https://tinyurl.com/qngnsaw>

Remember the earth whose skin you are:
red earth, black earth, yellow earth, white earth
brown earth, we are earth...

Remember that you are all people and that all people are
you...

You are not a drop in the ocean. You are the entire ocean in a
drop.

Rumi

The Healing Moment (on belonging to the whole)

Elizabeth Tarbox

Full meditation (words and audio) at <https://tinyurl.com/tsmejkq>

“when I am here at the edge of creation, breaking with the small tide over the sand, the need to do good rolls away... I am with the broken stubble of the marsh grass that holds on through the wrecking wind and the burning flood. I am with the grains that mold themselves around everything, accepting even so unworthy a foot as mine, holding and shaping it until it feels that it belongs...”

Songs and Music

The River

written and performed by Coco Love Alcorn

<https://tinyurl.com/yc95hsjh>

Rhythm and Roots Choir: <https://tinyurl.com/y2fuf4sj>

UU Choir version: <https://tinyurl.com/y543jue6>

“Water heal my body. Water heal my soul. When I go down-down to the water, by the water I feel whole.”

32 Flavors

Alana Davis’ cover of Ani Difranco’s beloved original

<https://tinyurl.com/y44wdffu>

“I am 32 flavors and then some!”

Relax

Fyfe

<https://www.youtube.com/watch?v=U9mcgC3YIKM>

“We’re more than our bodies

We’re more than where we call our home

We’re more than our money

We’re more than a salient song...”

Blackbird

Lennon/McCartney

<https://tinyurl.com/jhr3vy3>

Jon Batiste cover: <https://tinyurl.com/yxv2ty5d>

“Take these broken wings and learn to fly...”



Hallelujah

Covers of Leonard Cohen's masterpiece on wholeness in the midst of defeat

Bastian Baker: <https://tinyurl.com/y4h84pmv>

Allison Crowe: <https://tinyurl.com/vqno5d4>

Anthem

Leonard Cohen

<https://tinyurl.com/y2c2vrta>

Cover by Camille O'Sullivan: <https://tinyurl.com/y58lscqd>

"Forget your perfect offering. There is a crack in everything. That's how the light gets in."

More "Wholeness Songs" are found on our April Soul Matters Spotify playlist. Click [here](#) to check them out! You can also explore the playlists from other months [here](#).

Videos & Online

Video - The Art of Kintsugi

<https://tinyurl.com/sjuvoag>.

Article on Kintsugi: <https://tinyurl.com/y68m5m2g>

Another video: <https://tinyurl.com/ybt4nzf>

Making the World Whole Again (by starting in a surprising place)

Soozi Holbeche

<https://tinyurl.com/y6ephwul>

The Wild Inside

<https://tinyurl.com/uk4qx2c>

The story of Arizona state prison inmates who train wild horses and discover that the work (and the horses) help make them whole.

Private Parts

Sarah Kay

<https://tinyurl.com/y2c6nkjv>

On sharing all the pieces of ourselves and finding a wholeness in the offering.

The Fat Joke

Rachel Wiley

<https://tinyurl.com/y9y9wtt6>

"I am deserving to exist as I do!"

For Women Who Are Difficult to Love

Warsan Shire

As video meditation: <https://tinyurl.com/yy7gwsuv>

As meditation put to dance: https://www.youtube.com/watch?v=YaB_1cZQhRE

True You - Invisibilia Podcast

<https://tinyurl.com/ya3qg9up>

What happens when you discover a part of yourself that is so different from who you think you are? Do you hold on to your original self tightly? Do you explore this other self? Or do you just panic?

Our Better Nature - Hidden Brain Podcast

<https://tinyurl.com/yam9wvkf>

Bringing Earth Day and wholeness together in an exploration of the physiological and psychological benefits of spending time in nature.

Nature, Joy, and Human Becoming - On Being Podcast

<https://tinyurl.com/yy8kax64>

On our bond with nature and its ability to return us to wholeness. "There is a legacy deep within us, a legacy of instinct, a legacy of inherited feelings, which may lie very deep in the tissues — it may lie underneath all the parts of civilization which we are so familiar with on a daily basis, but it has not gone; that we might have left the natural world, most of us, but the natural world has not left us."

Using The HEART Strategies When White Fragility Shows Up

Dr. Amanda Kemp

<https://tinyurl.com/y4pyaopo>

Understanding white fragility as step toward wholeness.

My Fragility: Trauma, Race and Coming Back to Wholeness

Dr. Amanda Kemp

<https://tinyurl.com/y6xmbkrr>

The Urgency of Intersectionality

Kimberlé Crenshaw

<https://tinyurl.com/y2ahpun6>

Intersectionality and the Hope of a Better View of the Whole

Blackness & Belonging - Healing Justice Podcast

Prentis Hemphill

<https://tinyurl.com/y46chw82>

An interview with leading healer and teacher within the Black Lives Matter movement who works at the intersection of healing and justice and works to address trauma, move through conflict and center wholeness.



Articles

On the Art of Finding Yourself

Melli O'Brien

<https://tinyurl.com/yapt8m3x>

"Your task then, is not to 'find yourself' but to find out whenever you leave yourself...and get lost in those stories. Notice them, then let them go..."

What Does it Mean to Be a Man? - On Being

<https://tinyurl.com/y3vz6frd>

"Society rarely provides space for men to be whole...Very rarely are cis-men given space to interrogate and create their own definition of masculinity that includes being emotionally/mentally sound and whole... The emotionally damaging "masculinization" of young men starts even before young men have a keen sense of self..."

The Elusive Art of Inner Wholeness and How to Stop Hiding Our Souls

Essay on Parker Palmer's [A Hidden Wholeness](#)

Maria Popova

<https://tinyurl.com/yy8hgxx7>

My Ancestor Owned 41 Slaves. What do I Owe Their Descendants?

<https://tinyurl.com/tn5r73w>

On reparations as part of what social wholeness requires: "Because slavery was a societal institution, enshrined in the Constitution, and had societal consequences that have not been fixed, its reparation must be societal..."

In Disability, I Am Finding Wholeness Without Healing

Hailey Joy Scrandette

<https://tinyurl.com/uobr8tt>

A progressive Christian writes about ableism, wholeness without "fixing," and inclusion.

Books

The Body Papers

Grace Talusan

<https://tinyurl.com/qo9tbz9>

An award-winning memoir from the perspective of Filipino-American immigrant on finding and holding on to wholeness in the face of trauma: "Grace Talusan writes eloquently about the most unsayable things: the deep gravitational pull of family, the complexity of navigating identity as an immigrant, and the ways we move forward even as we carry our traumas with us."

Movies

Love after Love

<https://tinyurl.com/yxxzvmvn>

When grief threatens our wholeness and how we survive.

Roma

About the beautiful and hard won wholeness of "[a fatherless family](#)."

Hidden Figures

<https://tinyurl.com/u6sm75s>

The story of inspiring and pioneering women who made their mark at NASA. A testament to how none of us can be whole until the whole story is told.

Black Panther

"Ryan Coogler's film is a vivid re-imagination of something black Americans have cherished for centuries — Africa as a dream of our wholeness, greatness and self-realization." [NYT Magazine](#)

The Yes Men Fix the World

<https://tinyurl.com/y2k52b27>

Serious truth-telling, silly pranks and a sincere desire to start repairing the wholeness of the world.

Inside Out

<https://tinyurl.com/va8d5rx>

A family movie about embracing and needing all the parts of yourself. A celebration of the whole "committee in your head"!

Get daily inspiration
on the monthly theme by liking our
[Soul Matters Facebook inspiration Page](#)

Find musical inspiration
on each theme by following our monthly
[Spotify Lists](#)

Find support for bringing the
monthly themes home and into your family life with
[Soulful Home: A Guide for Families](#)



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

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

debra@calgaryunitarians.ca or
403-702-6486

Lay Chaplains: Lynn Nugent and Mary-Anna Louise Kovar

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