

The Quest



January 2019 Services: Intention

Inside This Issue

Debra's
Deliberations 2

Splinters from
the Board 3

Kudos! 4

♪ Upbeat
News 5

CYRE News 6

CYRE Kudos! 7

January 6 - The Gospel of Middle Earth

Sometimes faith and inspiration come from unlikely places. In this service, a self-proclaimed geek and bibliophile shares some of the moral lessons and optimism to be found in Tolkien's Lord of the Rings."

Presenter: Holly Noel

Worship Arts Facilitator: Lynn Nugent

Music: Music Director Jane Perry

January 13 - Spirit of Kurt Weill and Bertolt Brecht

This "Spirituality Of" service was chosen by Meredith Simon. A time to explore the collaboration between these two artists and the influence that collaboration has had on popular culture.

Presenter: Jane Perry

Worship Arts Facilitator: Marcia Epstein

Music: Music Director Jane Perry with vocal soloist

January 20 - Building Intentional Community

What would it look like if we were to intentionally live into our UU principles and values? How would it be different from what we see around us every day?

Presenters: Board of Trustees & Members of the Committee on Shared Ministry

Music: Michelle Gregoire

January 27 - Intentional Interdependence

How can Interdependence encourage us to move away from the concept of perfectionism; a need to be all things to all people, to constantly have everything under control, to be self-critical and to have an all-or-nothing approach to life. How do we intentionally step away from perfectionism and move toward realizing the resources all around us?

Presenter: Danielle Webber

Worship Arts Facilitator: Mary Anna Louise Kovar

Music: Music Director Jane Perry



Debra's Deliberations



A few thoughts about my focus while on sabbatical. Sabbatical is a time for reflection, research and renewal. This is my ninth year with Calgary Unitarians and my reflection will include evaluating this almost-decade, the accomplishments and challenges, hopes fulfilled and dreams yet to be. Research will include the changing landscape of cultural and faith engagement, new models of doing 'church' and also upgrading my technological awareness and social media savvy. Renewal will include time with family as well as reflective time alone and offering 2 services to the UU congregation in San Miguel de Allenende in Mexico.

The primary focus is on what it takes to live out our mission statement to grow in wisdom, deepen and welcome relationships and act for a just and sustainable world. This has to be done with intention – the January theme. Building intentional, loving community is an awesome task.

There are so many ways to build this faith community and connections within it. The best way is to intentionally engage. There are so many opportunities – SWEET (Sunday Welcome Enhance & Engage Team) supports the Sunday morning experience by greeting folks when they arrive and following the service – coordinating the oh-so-important coffeetime by making coffee and tidying up; various committees and project teams always need support; and of course, joining in the many programs and social events. The best way to feel connected is by participating.

How do we intentionally engage our faith? Many of the programs offer the opportunity to deepen one's faith as well as relationships. I look forward to co-facilitating Building Your Own Theology when I get back in March. This program invites participant to explore ethics and human nature, ultimate reality and religious meaning. Note that there is a maximum of 20 people so be sure to register.

Another way to be intentional in deepening your/ our faith is by engaging it daily, recognizing how many of our choices are shaped by our beliefs. There is also the chance to be a Bearer of the Light in 2019! The community practise of passing the Bearers of the Light basket from one household to another begins again this January! Within the basket are a chalice, readings of inspiration and a journal to offer your comments. Simply light the candle each day and engage in a spiritual practise of your choosing, perhaps a reading or writing your experience in the journal. Keep the basket for one week, then pass it on to the next family during the Sunday service. To sign up, contact DRE Sheila at dre@calgaryunitarians.ca

Happy New Year to us all!!

Namaste,

Debra

While Debra is on sabbatical, Pastoral Concerns can be directed to: Liz Blackstock caring@calgaryunitarians.ca 403-807-7677 or Mary Anna Louise Kovar president@calgaryunitarians.ca 403-271-4182.



Splinters from the Board January 2019

On December 2, the Congregational Meeting included discussion of potential areas of focus for us over the next few months. First, a right relations covenant – an understanding of and commitment to how we will be with one another, the model of beloved community we want to create and embody. This is both challenging and inspiring. Challenging to truly live and inspiring to confront the culture of fierce individualism and competitiveness that constantly undermines the experience of “us” and a deeper sense of community.

Second, we have the chance to ‘practice what we preach’ and use the Covenant of Right Relations (CRR) model as we engage in the process of researching fundraising options for Calgary Unitarians by participation in an ALGC charity casino. The leadership is exploring all sides of this option to learn the facts. We hope that you will do the same. CRR will help navigate the conversation through the feelings that may arise: passion, judgement, fear, anger. It will be important to respectfully listen to different perspectives and make sure we have our facts straight. This will help us each to contribute usefully and courteously to the debate. What a wonderful opportunity for this beloved community to explore the dynamics of Right Relations as we consider our different perspectives of this issue.

Mary-Anna Louise Kovar
President, Calgary Unitarians Board of Trustees

History and Archives Lives On!



The History and Archives Committee was preparing to go into a period of dormancy effective January 1. However, I am pleased to let you know that Pamela Rickey has stepped forward to assume leadership of the committee. She will bring a fresh perspective on how to highlight history within the church.

Pam is seeking additional members for the committee and welcomes your ideas. Although Pam is south for the winter, she is available by email at pamelarickey@gmail.com or you can speak to any of the former committee members: Loretta Biasutti, Helen Backhouse, or Jim Bowman.

REMINDER: Copies of all committee minutes should be sent for archiving to Martha at office@calgaryunitarians.ca. If you have photographs for our scrapbooks, please label with date, event, and people in the photo, and place in History and Archives mail slot.



January4-Others - Evenstart

Evenstart is a Calgary based organization that works with young children and families living in at risk or unpredictable situations. Evenstart believes when children are fed, have access to education, live in homes that are safe, and where parents are assisted in developing skills that allow them to generate a livable income, then children learn that they are valued, and will realize their potential.



A HUGE Thank you to two of our most dedicated volunteers: Jane Ebbern, Goddess of Fruitcake and Eric Leavitt, Physical Plant guru.

Jane's hard work, organizational skills and creative thinking made this year's fruitcake fundraiser the best ever. She and her corps of volunteer choppers and bakers managed to turn out **200 fruitcakes**. Wow!

Her crew this year included:

Joan Brown	Kenzie Love
Margaret McCrae	Geraldine Hysert
Anitra Mamen	Sandra Vida
Duff Bond	Joan Riches
Sophia Lang	Diane Pfeiffer
Randie Lind	Neil Morton
Elsie Sinha-Roy	Pierette Lavallee-Hoch
Pam Rickey	Doug Engh
Dolina and Ross Watson	Penney Kome

Well done, all!

Eric Leavitt recently stepped up to fill the void as Acting Chairman of the Physical Plant committee. He's been overseeing long overdue projects that, while important, don't require the attention of our fabulous Maintenance Support Person, Arno Buruma. Eric's tenacity, attention to detail and, let's face it, bravery, are much appreciated.

Lastly, a big thank you goes out to Pierrette Lavelle-Hoch and her crew of Christmas elves: Liz Blackstock Linda Brown, and Maryanna, a friend of Pierrette's. They spent a morning decorating the building and created a lovely holiday ambiance for all to enjoy.

Have you seen anyone volunteering at UCC who is going above and beyond the call? Email kudos@calgaryunitarians.ca and tell their story!





♪ UpBeat News with Jane Perry ♪

Happy New Year! I encourage us all to add more music to our lives in 2019. Music is a great companion for the journey.

January is Jumping...

UUphonia resumes its rehearsals on Thursday, January 10 at 7:30pm in Panabaker Hall. This is our un auditioned mixed-voice choir, open to singers of all ability levels. We'll be starting work on the songs for Cabaret 2019 --- join us!



One Voice Chorus has been invited to present a noon-hour performance as a co-production of ProArts@Noon concert series and One Yellow Rabbit Theatre's High Performance Rodeo. Wednesday, January 23 at 12:10 at the Cathedral Church of the Redeemer (604 1 St SE.) Admission is free.

Drum-Making Workshop with Chantal Stormsong Chagnon. January 25 through 27 at Calgary Unitarians in Wickenden Hall. Following Chantal's amazing performance in UUphonia's winter concert, we decided to invite her back to teach us how to make traditional frame drums. Chantal fills her workshop with Ojibway and Cree stories and songs, along with the instruction that will help each participant make their own drum and drumstick. The registration fee of \$250 pays for materials, snacks, and drum-making instruction over three days. Registration is limited to 25 participants. To register and for more info: Music Director Jane Perry at jane@calgaryunitarians.ca

And coming up in February...

An Afternoon of Chamber Music. Cellist Tom Mirhady returns with the latest installment of his annual concert offering. This year's performance will see Tom play as part of the much-loved Springbank Trio with violinist Laurie Syer and pianist Jamie Syer. As well, Persian-Canadian musician Vafa Adib will bring his santur and tombak to perform some Iranian music with Tom. Sunday, February 3 at 2:30pm at Calgary Unitarians, in Panabaker Hall. Tickets will be available as of January 13 through www.brownpapertickets.com: \$25 regular, \$20 senior/student. Pay-what-you-can option. Free for children age 12 and under.

Coffee Choir returns for another friendly afternoon series of conversations over coffee and lots of singing. Join us in Wickenden Hall on any and all of these three Tuesdays: February 12, 19, and 26. Doors open at 1:30pm for coffee, and then we sing from 2:00pm to 3:00pm.





Religious Exploration Program

Our Whole Lives Sexuality Education Grades 7/8 – Register January 2019!

Email: owl@calgaryunitarians.ca - Phone: 403-404-1361

Self-Worth * Sexual Health * Responsibility * Justice and Inclusivity

Parents are children's primary teachers, but what is society teaching our children about sexuality? Our Whole Lives (OWL) is an antidote to sexualized media messages, peer pressure, misinformation and prejudice. It provides accurate, age appropriate information, puts sexuality in the context of values and personal responsibility, supports healthy decision making, and strengthens social skills. These skills and values help prepare youth to make healthy choices for life.

OWL models and teaches caring, compassion, respect, and justice. It helps adolescents address their attitudes, values, and feelings about themselves, their sexuality, and others' sexuality. Participants are guided by trained facilitators through an engaging curriculum that addresses topics most important to young adolescents, including those typically excluded from sexuality education and health classes

Our 2019 trained OWL facilitator team includes Kerri Conner, Sheila MacMaster and Holly Noelle. Our program includes a Parent Orientation has ongoing support and updates for parents, so that parents are comfortable continuing the conversation.

***Cost: Includes Parent Orientation and 26 workshops! (\$12 per workshop = \$312)**

Monthly payment plans are available: \$52/month over 6 months. A 25% low income subsidy is also available. We are an inclusive program, no one is turned away for lack of funds. Each workshop is 90 minutes . For information about the curriculum, please contact Sheila MacMaster, Director of Religious Education: owl@calgaryunitarians.ca

UNIT 1 Introduction

- 1 What is Sexuality?
- 2 Examining Values
- 3 The Language of Sexuality

UNIT 2 You, as a Sexual Being

- 4 Anatomy and Physiology
- 5 Personal Concerns About Puberty
- 6 Body Image
- 7 Gender Identity
- 8 Gender Expression, Roles & Stereotypes
- 9 Sexual Orientation
- 10 Guest Panel
- 11 Sexuality and Disability

UNIT 3 Relationships

- 12 Healthy Relationships
- 13 Relationship Skills

UNIT 4 Contemporary Issues

- 14 Sexuality, Social Media and the Internet
- 15 Bullying & Bystander Responsibilities

UNIT 5 Responsible Sexual Behavior

- 16 Redefining Abstinence
- 17 Lovemaking
- 18 Consent Education
- 19 Option 2

UNIT 6 STIs, Pregnancy & Parenting Decisions

- 20 Sexually Transmitted Infections
- 21 Pregnancy, Parenting, & Teen Parenting
- 22 Unintended Pregnancy Options
- 23 Contraception and Safer Sex

UNIT 7 Communicating about Sexuality

- 24 Sexual Decision Making
- 25 Communicating with a Sexual Partner
- 26 Self Care, Celebration, & Closure



Found a Problem with Our Building? Here's What to Do:

If you notice a maintenance issue in the building, please do one of the following:

- If it is an urgent situation please email or call Eric Leavitt, at ricduaneleavitt@gmail.com
- For less urgent issues
- For emergencies **ONLY** call 403-701-1796

For less urgent issues, please email office@calgaryunitarians.ca



We are fortunate to have Arno Buruma in the role of Maintenance Support Person. Arno assists with building maintenance. This has relieved the Physical Plant Committee of some of the work required to maintain our building. However, PLEASE do not approach Arno directly with things to do, rather contact Martha and she will coordinate with Arno and the Physical Plant Committee as appropriate to ensure that the needed work is completed.

Thank you for your consideration,
Eric Leavitt, Acting Chair of the Physical Plant Committee

Even More Kudos... from CYRE

With gratitude for all the time, talent, love and support of our wonderful group of volunteers:

- Ben Gaudet, author of the "A Very Commercial Christmas" pageant and all of the children, youth and volunteers who helped make our December pageant service a huge success!
- Heather Walker, Kerri Conner our K-1 OWL Facilitators, and Holly Noelle for her media support on the OWL Team!
- Heather Walker, Yoseth Diaz, Marie Collins, Mariedke Gibson and Anita Blackstaffe our CYRE Volunteer Nursery Team;
- Rebekah Mobley-Kasner, Ben Bradt, Kenzie Love and Linda Brown our Youth Volunteer team.
- Marsha Haug for all the time spent volunteering with our Elementary class, it is appreciated!



If you're interested in contributing to this fabulous team, it's easy! Just contact DRE Sheila and let her know what you have to offer: dre@calgaryunitarians.ca



Fun Fridays Are Here!



Fun Friday January 11th Movie Night: Living the Change



On Friday January 11, 2019, the Permaculture Calgary Guild and the Green Sanctuary Committee of the Calgary Unitarians present "Living the Change", the latest in their series of environmentally themed films. Living the Change explores solutions to the global crises we face today – solutions any one of us can be part of – through the inspiring stories of people pioneering change in their own lives and in their communities in order to live in a sustainable and regenerative way. Doors open 6:30, Coffee and edibles 6:40, Film at 7:00, Discussion to follow. Please bring a dessert or appetizer to share. Admission is free. Donations accepted to cover costs.

Register on Eventbrite here: <https://www.eventbrite.ca/e/film-living-the-change-tickets-52734599607>

Fun Friday January 18th Movie Night - Youth Choice: Love, Simon

Simon Spier keeps a huge secret from his family, his friends and all of his classmates: he's gay. When that secret is threatened, Simon must face everyone and come to terms with his identity. Love, Simon is a dramedy based on the YA novel Simon vs. the Homo Sapiens Agenda, with a positive and affirming message of courage, integrity, and empathy. Rated PG-13.





Many Thanks to All the Fruitcake Helpers and Purchasers Over \$5000 Raised!



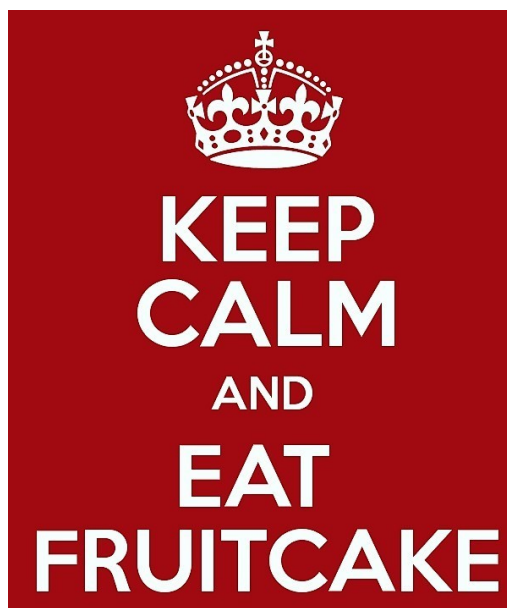
There was camaraderie over the chopping board. There were delightful snacks and lovely conversations around the coffee table once the cakes went in the ovens. There were delicious smells in the church. All this joyful work resulted in our fruitcake program selling a record 204 cakes this fall! This is an increase from 160 last year and raised over \$5000 for our operations budget. In addition, there was a \$150 donation to our Visual Identity Fund from a devoted long-term fruitcake fan from outside of Calgary Unitarians.

This was a true team effort and I couldn't have done it without the help of the many dicers, choppers, bakers and fruit cake sellers. A special thanks goes to my baking partner, Joan Brown and to Margaret McCrae who baked our first test batch of gluten free cakes.

Most of our cakes were sold to people outside Calgary Unitarians- thanks to repeat buyers, good marketing by Unitarians to their friends, community newsletter articles and 3 minutes of fruitcake fame on CTV breakfast TV. As of this Quest edition, I already have a 40-cake waiting list! This means the potential exists to substantially expand our operation. With a few more volunteers, and spreading the baking out over more weeks, we could do this.

Please consider joining us next fall when we put out the requests for volunteers.

Jane Ebborn





Join Us for January's Pub Night



When: January 9th from 7:00-9:30pm

Where: Kensington Pub- 207 10A St. NW

www.kensingtonpub.com

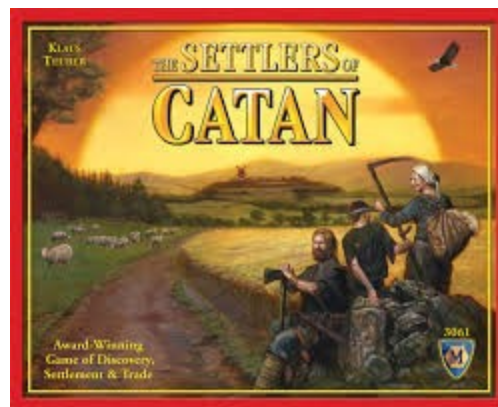
Come out for a night of great conversation at one of Calgary's most iconic pubs. The menu is very inclusive, complete with gluten free and vegetarian options.

Pub Nights are (usually) held on the first Wednesday of every month; **this Pub Night is one week later to accommodate the busyness of the holiday season.**

Hope to see YOU there!

Young Adults Board Games Day

When: January 19th from 2:00-6:00pm



Have you ever wondered if there is more to tabletop gaming than Scrabble, Monopoly or Risk? Come connect with the young(ish) adults in your community with some games, snacks, conversation and laughter! We will have all of this and more. Please feel free to bring a favourite board game and a snack or drink to share.



Moving with Spirit: Dances of Universal Peace

Sunday, January 27 2:00 pm – 4:00 pm

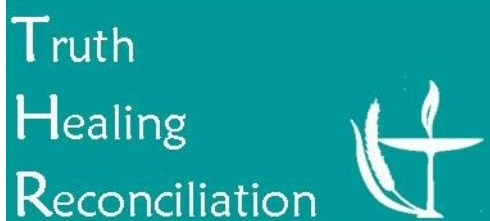
Ronnie Joy Leah and Friends invite everyone to celebrate the spirit within and experience the joy of connecting with music, movement and song. We will create sacred space for peace, healing and community – with our bodies, voices and spirits. All ages and abilities welcome.

~Sponsored by the Adult Religious Education Committee



First Contact Summary and Next Steps

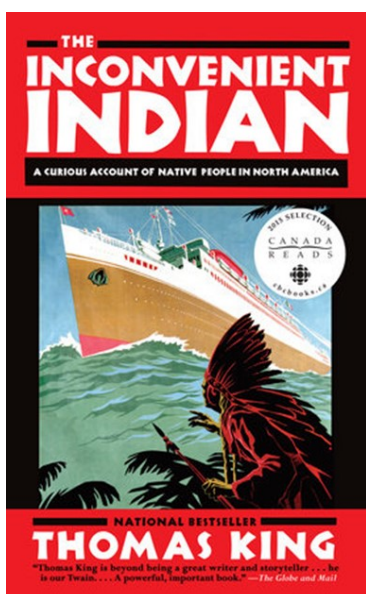
A group of interested and animated Calgary Unitarians and fellow Wildrose United Church members watched a 3-part video series, First Contact. The show premise is six average Canadians travel through a range of Canadian Indigenous communities and urban settings. Their perceptions and opinions about First Nations and Indigenous Canadians are challenged and expanded.



To continue expanding Truth, Health & Reconciliation within Calgary Unitarians, we are planning book discussion groups and a few outings to sites such as Blackfoot Crossing and Tsuut'ina Nation. Watch upcoming issues of The Quest and eNews for details. If you want to watch First Contact, it is available at <https://aptn.ca/firstcontact/>

A Truth, Healing and Reconciliation Read *The Inconvenient Indian* By Thomas King

Join the group discussion of *The Inconvenient Indian* which we hope will inspire ways Calgary Unitarians can shift our relationship with Indigenous Canadians.



"Rich with dark and light, pain and magic, *The Inconvenient Indian* distills the insights gleaned from Thomas King's critical and personal meditation on what it means to be "Indian" in North America, weaving the curiously circular tale of the relationship between non-Natives and Natives in the centuries since the two first encountered each other. In the process, King refashions old stories about historical events and figures, takes a sideways look at film and pop culture, relates his own complex experiences with activism, and articulates a deep and revolutionary understanding of the cumulative effects of ever-shifting laws and treaties on Native peoples and lands."

<http://tinyurl.com/y8gu9o37>

This is a chance to expand our use of Zoom for online video conferencing. It is very easy to use – just click on the hyperlink (available from Jane Ebbert) shortly before the discussion. You will need an internet connection, speakers, microphone, and preferably a webcam.

Sunday, January 13, 2 pm - 4 pm, online via Zoom.

Contact Jane Ebbert to be included in the Zoom conversation: Jane.ebbert@gmail.com



What Does It Mean to Be A People of Intention?

“Here’s what I discovered. Intention is different from setting goals or resolutions in that it “pulls us into” who we truly are. Goals and resolutions “push us out” into future possibilities. To set intentions, we listen to our inner voice which tells us who we truly are.”

- Katie Covey, on what she learned from Soul Matters colleagues during their brainstorming session on being a people of intention

Here we are again, in the month of January with its talk of daring resolutions and its demanding call to “become better.” It’s hard not to buy into it. After all, it seems so well-intended. After all, who could argue with the goal of self-improvement? And so most of us gladly go along and declare “This is the year I’m going to finally be a better me!”

But are we sure this is what we really want? When you read that quote above about being “pulled in” rather than “pushed out,” what happens in your heart? Do you find yourself still excited about the New Year’s work of striving to become a brand new self? Or do you suddenly notice an internal whisper that says “I long to be pulled in more deeply to the self I already am”? In other words, maybe our real New Year’s work is not about leaping into self-improvement, but about pausing, stepping back and asking “What hunger really has my heart?”

There is, after all, a big difference between becoming better and becoming ourselves. Self-improvement is not the same as self-alignment. Wanting to get from point A to point B is something quite different from longing to find your inner anchor. Goals and intentions may indeed be more distinct than we have thought.

So this month, maybe our most important work is to make room. All around us, there’s going to be plenty of busy talk about being “a people of goals and resolutions.” We are going to get more than enough advice about how to stay focused on a new future for ourselves. But in the midst of it all, may we, as a people of intention, also carve out a quieter place that keeps our attention closer to the present and who we *already are at our center*. May we make space for listening before we leap into the striving. And as we do that, maybe we will discover that this isn’t the year of “finally becoming a better me.” Maybe we’ll decide it’s enough to simply “finally be me.”



Our Spiritual Exercise

Option A:

Filling in The Blanks With Intention

It's not easy to stay true to your deepest intentions. But often it's even harder to figure out what they are. This exercise assumes that our deepest self already knows our core intentions and our work is to decipher what it wants us to hear. To help, you are invited to fill in the uncompleted sentences **on the following page** and then step back to see what they are trying to tell you. When filling in the blanks, trust your instincts. In other words, don't spend a lot of time pondering what to put in the blank, just write down the first or second thing that pops in your head. Think of it as a Rorschach test on intention.

After you complete the sentences on the next page, use these questions to help you reflect on the work you've done:

- What would you change after giving the completed sentences a second look?
- What surprises you?
- Would your closest friend agree with how you filled in the blanks?
- What 2 or 3 sentences seem to merit your greatest attention right now?
- What single intention are you ready to make based on listening deeply to what the list of completed sentences is trying to tell you?

Come to your group ready to share the 2-3 questions that you engaged the most and why that was so. And if you are comfortable, consider telling the group what single intention you set based on the exercise.



Intentional Fill-In The Blanks

1. My most important promise to myself is _____.
2. I will help others by _____.
3. Because of me, my children will understand that _____.
4. I have always wanted to _____.
5. I am on this earth to _____.
6. I will learn more about _____.
7. I am avoiding _____.
8. If I could change one thing about myself it would be _____.
9. At my funeral, the two adjectives I hope people use to describe me are _____ & _____.
10. If I could go back and change one thing about my life it would be _____.
11. If I won or inherited a million dollars, the first thing I would do is _____.
12. If I won a free trip, I would love to fly to _____.
13. When I stop procrastinating, I will _____.
14. I am most happy when I am _____.
15. I want to spend the rest of my life becoming a _____.
16. I want to spend the rest of my life doing _____.
17. Looking back, I realize that I was born to _____.
18. In five years, people will be surprised that I am _____.
19. I have always intended to _____ once I have finished _____.



Your Question

As always, don't treat these questions like "homework" or a list that needs to be covered in its entirety. Instead, simply pick the one question that speaks to you most and let it lead you where you need to go. The goal of these questions is not to help you analyze what hope means in the abstract, but to figure out what being "a person of hope" means for you and your daily living. So, which question is calling to you? Which one contains "your work," and Life's invitation?

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. Are you so dead set on telling your life what you intend to do with it that you no longer notice what it intends to do with you? Could your life's purpose be something that comes from life itself rather than something that is forced on it?
2. What dictates your days? Your To-Do list or your intentionality? Do you begin by asking, "What do I have to get done?" or "What do I want this day to be about?"
3. Are you too intentional? Is it time to put down all the "doing" and pay a bit more attention to "being"? Has your long list of intentions left you feeling exhausted and even lost?
4. Are you serving a purpose or living a lifestyle?
5. We all "go along with the crowd" in some way. Which is fine as long as we are doing it intentionally and self-consciously? Are you doing it intentionally and self-consciously?
6. Are you sure "bettering yourself" is what you really want? Or is that hunger inside you about "finding and aligning with your deepest self"? Do you want to "finally be better" or "finally be me"?
7. The philosopher, Nietzsche, said, "No one can build you the bridge on which you, and only you, must cross the river of life," We are all intentionally crossing a bridge of some sort. Are you crossing someone else's bridge? Or your own?
8. Did he/she/they really intentionally hurt you and let you down? What if they're doing the best they can? Could your anger at them really be your way of avoiding feeling grief over the fact that they are just never going to be who you need them to be?
9. Is it finally time to give up that unrealistic intention? The one you've failed at following through on again and again? The one you've been beating yourself up over, again and again? Is it time to intentionally be gentle with yourself and let it go?
10. Do you intentionally allow yourself to make mistakes? New things do not arise without trial and error, missteps and slip-ups. If we're not making mistakes, we're likely choosing safety. Are you intentionally choosing safety over new life?
11. Are you as good at assuming the good intentions of others as you are at defending your own?
12. You surely sent an unintentional message to your child this week. All parents do. The question is: Are you willing to take the time to notice it and fix it?
13. How are you doing at the work of intentional authenticity? Are you succeeding at being the same person on the outside as you are on the inside?



Recommended Resources for Exploration and Reflection

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

Wise Words

It is not enough to be busy. So are the ants. The question is: What are you busy about?

-Henry David Thoreau

Those who have a why to live for can bear almost any how.

-Friedrich Nietzsche

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

-Viktor E. Frankl

Your day is pretty much determined by how you spend your first hour.

-Anon

"i had every intention of telling you," he claims.

"but it's already too late," i say.

he replies with the ever so cliché line that is, "it's never too late."

i'm not sorry

that some things just are.

-C. Eley

Intention is the difference between those old mustard stains and Jackson Pollock.

-Anon

Those who follow the crowd usually get lost in it.

-Rick Warren

Any dead fish can go with the flow — you have to be intentionally alive to swim against the current.

-Ann Voskamp

Cat: Where are you going?

Alice: Which way should I go?

Cat: That depends on where you are going.

Alice: I don't know.

Cat: Then it doesn't matter which way you go.

-Lewis Carroll, Alice in Wonderland

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

Great minds have purpose, others have wishes

-Washington Irving

In any given moment we have two options, to step forward in growth or to step back into safety.

-Abraham Maslow

Find a purpose to serve, not a lifestyle to live.

-Criss Jami

With goals, the future is always the focus: Are you going to reach the goal? Will you be happy when you do? What's next? Setting intention, at least according to Buddhist teachings, is quite different than goal making. It is not oriented toward a future outcome. Instead, it is a path or practice that is focused on how you are "being" in the present moment.

Your attention is on the ever-present "now" in the constantly changing flow of life. You set your intentions based on understanding what matters most to you and make a commitment to align your worldly actions with your inner values... Goals help you make your place in the world and be an effective person. But being grounded in intention is what provides integrity and unity in your life.. What would it be like if you didn't measure the success of your life just by what you get and don't get, but gave equal or greater priority to how aligned you are with your deepest values?

-Phillip Moffitt, from The Heart's Intention

<https://tinyurl.com/y7j6ktca>



Sacred space” is another way of saying “with intention.”

-S. Kelley Harrell

The Intentional Act of Going to Church

Let me tell you why I come to church. I come to church—and would whether I was a preacher or not—because I fall below my own standards and need to be constantly brought back to them. I am afraid of becoming selfish and indulgent, and my church—my church of the free spirit—brings me back to what I want to be. I could easily despair; doubt and dismay could overwhelm me. My church renews my courage and my hope. It is not enough that I should think about the world and its problems at the level of a newspaper report or magazine discussion. It could too soon become too low a level. I must have my conscience sharpened—sharpened until it goads me to the most thorough and responsible thinking of which I am capable. I must feel again the love I owe to others. I must not only hear about it but feel it. In church, I do. I am brought toward my best, in every way toward my best.

-Rev. A. Powell Davies, Unitarian Minister

You too can be carved anew by the details of your devotion.

-Mary Oliver

Conscious change is brought about by the two qualities inherent in consciousness – intention and attention...

Whatever you put your attention on will grow stronger in your life. Whatever you take your attention away from will wither, disintegrate and disappear.

-Deepak Chopra

I am in earnest - I will not equivocate - I will not excuse - I will not retreat a single inch; and I will be heard.

-William Lloyd Garrison

Gratitude is not an emotion that comes upon us without our control. It is not dependent on what happens to us, but on our intention. Like good posture, it is a practice, an attitude that is entirely our choice in every moment... A friend of mine told me once after a particularly lovely day she came home, sat in her easy chair and said out loud, “Thank You.” And she swears she heard a voice say out loud, “You're welcome.” Practice gratitude. For everything. For what you see out the window, for what you hear from your co-workers, say “Thank You.” When your kids walk in the room, when you take a

breath, when your spouse tells you how to drive, when to stub your toe, say “Thank You.” Practice gratitude and eventually you will be able to hear the universe say, “You're welcome.”

-Steve Garnaas-Holmes

A Prayer of Good Intention

Dear Lord,
So far I've done all right.
I haven't gossiped,
haven't lost my temper,
haven't been greedy, grumpy, nasty, selfish, or overindulgent.
I'm really glad about that.
But in a few minutes, God,
I'm going to get out of bed.
And from then on,
I'm going to need a lot more help.

-Anon

Habits eat good intentions for breakfast.

-John Ortberg

Questions of Those Who Assume Good Intent:

What if it wasn't an attack, but was a mistake?

What if it wasn't a mistake, but a miscommunication?

What if it wasn't a miscommunication, but an oversight?

What if it wasn't an oversight, but was caused by an undisclosed personal issue?

-Skip Prichard (<https://tinyurl.com/yc64uo69>)

Folks write down the name of someone who fills them with frustration, disappointment, and/or resentment, and then I propose that their person is doing the best he or she can. The responses have been wide-ranging... One woman said, "If this was true and my mother was doing the best she can, I would be grief-stricken. I'd rather be angry than sad, so it's easier to believe she's letting me down on purpose than grieve the fact that my mother is never going to be who I need her to be."

-Brené Brown, Rising Strong

Before you tell your life what you intend to do with it, listen for what it intends to do with you. Before you tell your life what truths and values you have decided to live up to, let your life tell you what truths you embody, what values you represent.

-Parker J. Palmer



Songs and Music

One Life

James Morrison

<https://tinyurl.com/y74ubug5>

Today I'm gonna try and change the world

Cover of song written by Johnny Reid

<https://tinyurl.com/y7vcuvl3>

Landslide

Stevie Nicks and Lindsey Buckingham

<https://tinyurl.com/n42uqxq>

<https://tinyurl.com/ya4bshhg> (Ashley Stevenson Cover)

"Well, I've been afraid of changing..."

Defying Gravity (cover)

<https://tinyurl.com/ydhbp9n5>

"Something has changed within me/Something is not the same/I'm through with playing by the rules of someone else's game/Too late for second-guessing/Too late to go back to sleep/It's time to trust my instincts/Close my eyes and leap!"

Sleep When We Die - talk and song -- MUST WATCH!

(song starts at minute 12:20)

Kenna

<https://tinyurl.com/y954kpmz>

Musician and activist Kenna on speaks on purpose, intention and social change, and then sings a powerful version of his song, Sleep When We Die. A must watch and must listen!

"I want you to like my music, but I want you to love my purpose..." "Entertain your crazy!"

100 Years

Five for Fighting

<https://tinyurl.com/a54sux6>

<https://tinyurl.com/y77569v6> (cover)

"When you only got hundred years to live..."

Videos

What is Your Purpose in Life? - People ages 6-100 answer

<https://tinyurl.com/y6wfah3k>

Resolutions: I Promise - Spoken Word Poem

Natalie Patterson

<https://tinyurl.com/ydczkyjk>

Living With Intent - TED Talk

Mallika Chopra

<https://tinyurl.com/yat5o5ge>

A video celebrating everyday people doing everyday things with intention. And a reminder about three questions that determine the quality of our days: Who am I? What do I want? How can I serve?

Turning Mass Intention Into Mass Action

Todd Rogers

<https://tinyurl.com/y79hz758>

The three secrets of turning intention into action: making a plan, applying peer pressure and reinforcing identity!

Reinvent Your Life

Charles Bukowski

<https://tinyurl.com/zqtrs8f>

What Will Your Verse Be?

<https://tinyurl.com/ydxc9war>

Excerpted from the film "Dead Poets Society" *Intentionally choosing the "verse" that our lives will contribute.*

You Are About To Get Your Life Back

<https://tinyurl.com/y944j8yq>

The Power of Choice

<https://tinyurl.com/hs7d9ja>

The challenge of choosing growth or safety, and doing it with intention.

Choice & Doubting our Decisions

Alan Watts

<https://tinyurl.com/koagmyp>

The challenges of intentionality and the inevitability of doubting our decisions. What to do? Be gentle with yourself and treat yourself like a cloud!

Man Filmed a Tree In The Woods For a Year

The gift of Intentional and sustained Intention

<https://tinyurl.com/y6twjvoe>

Auggie's Photo Album

<https://tinyurl.com/y86dsffz>

"You'll never get it if you don't slow down my friend..."

Ten Minutes of Intentional Mindfulness - Ted Talk

<https://tinyurl.com/l4mscqh>



Podcasts

Outside In - Invisibilia Podcast

<https://tinyurl.com/y9bh5rdl>

This episode explores the effort to change oneself by intentionally changing one's outer circumstances. If you purposefully rearrange something on the surface, does internal change follow?

Oops - RadioLab Podcast

<https://tinyurl.com/ozgejo9>

Stories of unintended consequences that arose from good intentions.

Articles

Am I in the River?

Myke Johnson

<https://tinyurl.com/y7zgl8gh>

"The intention creates its own magic..."

Intentionally Talking to Our Children About Difference

<https://tinyurl.com/yb6aoyzy>

Intentional Mealtime - UTNE Reader

<https://tinyurl.com/ybay5xxw>

What If You Intentionally Made Time to Just Think?

<https://tinyurl.com/yaa39psz>

Books

The Power of Habit Charles Duhigg

How to intentionally change your habits and take back your life.

The Art of Pilgrimage Phil Cousineau

(Using intention to bring a new perspective to everyday "journeys.") "Phil Cousineau invites us to extend our vision of pilgrimage to something beyond an actual journey to Jerusalem, Mecca, or Machu Picchu. He invites us to think about unique times or stages in our lives that might hold a special difficulty. Perhaps extended time at the bedside of a loved one in hospice could be seen as a pilgrimage of sorts.

Or walking with a child through a health crisis, or a learning challenge. Maybe a short-term job assignment, or an unwelcome task that comes our way could be reframed in this way. Perhaps even just a regular day on the calendar could be reimagined."

Where We Belong Hoda Kotb

From a review: "Kotb writes about individuals who realized their path in life was either veering off in a completely new direction or was getting too far off course from where they knew they belonged. By following their passions, their gut, and their heart, these people intentionally took their life in a new and more meaningful direction. From the investment banker who became a minister after years of working on Wall Street, to the young woman from a blue-collar background whose passion took her to Harvard Medical School, to the high-powered PR exec who found herself drawn to a pioneering residential community, to a "no-kids" guy who now helps children all over the world."

The Miracle of Mindfulness Thich Nhat Hanh

Offers reflections and practical exercises as a means of learning the skills of mindfulness.

Movies

Smoke <https://tinyurl.com/y77xtb8>

A story about moving from wandering through life to living it intentionally. A clip: <https://tinyurl.com/y86dsffz>

42 <https://tinyurl.com/y9os4d2b>

The story of Jackie Robinson and unfailing intention, endurance and belief in one's inherent worth.

Field of Dreams <https://tinyurl.com/y7o693bv>

A classic on the theme of faith and intention: "If you build it, they will come."

Billy Elliot <https://tinyurl.com/y833ocre>

A young miner's son's intention to become a ballet dancer changes his life, and the lives of those around him.

Ratatouille <https://tinyurl.com/y7w6lcdx>

A tiny rat with the big intention to become a gourmet chef. What else is there to say?



Upcoming Themes for Reflections in 2019



February - Perseverance

March - Balance

April - Emergence

May - Creativity

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Soul Matters

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

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

Theme Based Ministry

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

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

Theme Based Listening Circles (TLCs)

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

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

Current Groups meet:

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

4th Sunday of the month 12:00 – 2:00



Time and Talent Auction 2019



What Time or Talent Can You Donate?

You've heard the buzz! The annual Time and Talent Auction is around the corner! We invite you to share what you have with our UU community through a silent auction fundraiser.

Some things that have been donated so far include:

- Home grown catnip
- Horseback riding lessons
- Landscaping consultation
- Home baked banana bread
- House concerts

You most likely have something you'd like to contribute! Deadline to submit things for the auction is **Sunday, January 20th**. Blank bidding sheets are available in Wickenden at the Time & Talent Table or you can download one from the Calgary Unitarians website.

Bidding will take place over 3 Sundays: **Jan 27, Feb 3 and Feb 10**. This year you can also browse auction items, check your bid and submit bids via email. Go to: timetalentauction.weebly.com

Questions? Ideas? Donations?

Talk to Lisa Hurrle lisaphurrle@gmail.com or Jeb Gaudet jebgaudet@gmail.com



Thank-you for purchasing Coop Gift Cards!! In **2018, the Coop Card program raised more than \$6,300 for the church!** Let's see if we can do even better in 2019!

Easy to use for groceries, gas or to stock up the liquor cabinet, purchasing a Coop card costs you nothing.

When you spend \$100, you GET a \$100 gift card AND Co-op donates back to the church. Win-win!!

Place your January Gift Card order on or before Sunday, **January 6th.**

Pick up your order the following Sunday, **January 13th.**

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

Here's how it works:

1. On the first Sunday of the month, using cash, cheque, or e-transfer place your order at the table in Wickenden Hall before or after the service. If you are not attending the service on the first Sunday of the month, you can leave postdated cheques in the Co-op Card/Fruit Cake Cheques mail slot in the administration office, or fill in the e-transfer pledge form that you'll find in that mail slot. Please specify if any of the cards will be liquor cards, as they are separate from food & gas.
2. The gift cards will be distributed on the second Sunday of the month. If you are unable to pick up your cards on that day, you can collect them on the next Sunday.
3. Use the gift cards like cash when you make purchases at Calgary Co-op (or any affiliated Co-op in Western Canada). You receive immediate cash discounts with gas purchases that can be used in Co-op grocery stores; cards must be redeemed inside the gas bar when purchasing gas. When you become a member of the Calgary Co-op you also receive dividends at the end of each year. It's just that easy!

Any questions? Contact: Ev Dewar ev.dewar@kogawa.com, Sheila Ward sggward@shaw.ca, or Alex Russell itfromblighty@gmail.com



Panabaker Award – Nominations Needed!



In January 2019, Calgary Unitarians will present the annual Panabaker Award to someone in the congregation to honour that person for extraordinary service to the Church community. In order to do this, we need your nominations. You will find the guidelines for nominations on our website under *Newsletters and More – Congregational Awards*. Or here: <http://tinyurl.com/y964nzic>

If you are wondering if a person you are considering has already received the award check the lists (Panabaker Award and Extraordinary Service Award) at the end of the *Congregational Award* page. The 2017 recipients were Jane Ebbern and Brandis Purcell.

Nominations may be emailed to president@calgaryunitarians.ca or placed in the President's mailbox in the Church Office. Nominations must be received on or before January 13, 2019 to be considered. The award will be presented at a Souper Sunday Lunch in January or February, depending on the availability of recipient.

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 also appreciate the work of the intrepid Audio-Visual volunteers who support our Sunday services. If you are interested in joining them, please contact Mich Michell at jgmichell@gmail.com.

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.unitarianscalgary.org
Phone: 403-276-2436

Publishing the Quest

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