

# The Quest



## March 2019 Services: Balance

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#### March 3 Life in Balance

We strive to balance what we have to do, love to do and what we are called to do. We need time for reflection about balance in our lives. Rev Debra returns from a short sabbatical with a few insights.

**Presenter:** Rev Debra Faulk

**Worship Arts Facilitator:** The Team

**Music:** Music Director Jane Perry

#### March 10 The Journey Continues

We celebrate International Women's Day with the theme offered by the Canadian Unitarian Universalist Women's Association: Journeying.

**Presenters:** Rev Debra Faulk and Mary-Anna Louise Kovar

**Worship Arts Facilitator:** Marcia Epstein

**Music:** Guest pianist Michelle Gregoire

#### March 17 Darwin, His Life and Legacy

He changed the way we see the world and our place in it, his faith nurtured his curiosity. May reflecting on his life cultivate our curiosity and nurture our faith.

**Presenter:** Rev Debra Faulk

**Worship Arts Facilitator:** Marcia Epstein

**Music:** Music Director Jane Perry with Calgary Renaissance Singers & Players

**Members of 5-10 years will be honoured in the service this morning.**

#### March 24 For All That Is Our Life

... We give our thanks and praise, for all life is a gift that we are called to use, to build the common good; what are we called to do individually and collectively, to build the common good?

**Presenter:** Rev Debra Faulk

**Worship Arts Facilitator:** Mary Anna Louise Kovar

**Music:** Music Director Jane Perry and UUPhonia

**With gratitude you are invited to bring your completed pledge form to be received during the Celebration of Commitment time.**

#### March 31 Spirit of Michael Franti

Musician and social activist Michael Franti is the inspiration for this service.

**Presenter:** Rev Debra Faulk

**Worship Arts Facilitator:** Lynn Nugent

**Music:** Music Director Jane Perry with guest musicians





## Debra's Deliberations



*Reverend Debra will be back in the pulpit on March 3rd.*

### Splinters from the Board ~ March 2019

February was a busy month and a lot of that business involved keeping warm, digging out of snow and getting the car to start so we could get to church. UN Interfaith Harmony Week was celebrated in February and I was able to represent Calgary Unitarians at the Interfaith Harmony Week Prayer Breakfast. I had some great conversations, very much enjoyed hearing the Mayor speak and attend the closing dinner. My table included people from six different faith traditions and I truly enjoyed the experience.

I want to call your attention to the information about the upcoming CUC AGM that is included in this issue of the Quest. We need voting delegates to represent Calgary Unitarians. I have been a delegate several times and it is an interesting and rewarding experience. Please consider participating.

The Board is currently working with reports from the January 20th Town Hall, the Committee on Shared Ministry Survey and the Physical Plant Report regarding concerns and recommendations for our building. Information from these reports is being used to inform future planning and budget considerations for the coming year(s).

The Board did receive comments after the Town Hall, and we thank those of you who took the time to share your thoughts. Some were unable to attend and others had additional comments after attending.

I encourage you to watch the eNews and Order of Service announcements for reminders/information about upcoming congregational meetings and events. There are many exciting things happening around here, and you won't want to miss out!

In faith,

Mary-Anna Louise Kovar

**March 4-Others - Child Haven** Inspired by the ideals and philosophy of Mahatma Gandhi, Child Haven International is a registered non profit charity founded in 1985. They assist children and women in developing countries who are in need of food, education, health care, shelter, clothing, emotional and moral support.



**Huzzah!** A huge shout out to everyone who participated in the Time and Talent silent auction this year! Together, we raised over \$6,500 and connected people over everything from banana bread to motorbike rides! We are grateful to be part of such a generous and talented congregation!!

-Lisa Hurrle & Jeb Gaudet



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## Annual General Meeting of the Canadian Unitarian Council Call for Voting Delegates to Represent Calgary Unitarians

The CUC holds an AGM and Conference every second year (the next one is in Halifax, 2020) and an AGM-only meeting annually. Each member congregation is entitled to register voting delegates to participate in this meeting.

The AGM for 2019 is scheduled for Saturday, May 11 and will run from 1:00 – 4:30 pm ET in the Atrium of the Centre for Social Innovation, 192 Spadina Ave., Toronto, ON, M5T 2C2

### **AGM Plenary, Thursday, May 10, 7:00 – 9:00 pm ET**

Join the CUC Board for an informal dialogue among congregational delegates, leaders, board members, and CUC staff to discuss issues of concern in support of the CUC's vision, goals, and strategic priorities.

#### **Participate in one of two ways:**

– **Online:** join in via Zoom web meeting platform or call toll-free 1-855-703-8985. **OR In person** at the meeting.

#### **Delegate Selection, Registration, and Participation**

Online delegates (those not attending in person) must be registered by April 1 and will be sent instructions and links for the AGM ahead of time. Online delegates who have not registered by April 1 will not be able to participate.

On site delegates are registered by our congregation through online registration by April 1 and then may attend and vote. New delegates, presidents or congregates who would like to participate online will need to attend an online orientation session in April (dates below). Delegates can sign up for an email group to receive information.

#### **Online Delegate Orientation and Participation**

It is recommended that one tech-savvy person in your congregation be designated to manage the online voting sheets as your online voting manager (preferably someone who is familiar with Google Sheets).

Online delegates who are not familiar with the online voting system used in previous years, or who need a refresher, are requested to attend one of three orientation sessions: **Thursday, April 4th** – 5 pm MT, **Saturday, April 20th** – 10 am MT, **Tuesday, April 23rd** – 7 pm MT.

**Be part of the discussion; register to participate today!**



## ♪ UpBeat News with Jane Perry ♪

### Mad for Music in March!

**Choral workshop with Linda Morrison!** Saturday, March 16 from 9:30am to 4:00pm in Panabaker Hall. Vocal Latitudes and UUphonia present Montreal-based choral specialist and solo performer Linda Morrison in an energetic workshop that will touch on Celtic music and gospel singing. The workshop choir will perform a concert with Ms. Morrison on Sunday, March 17 at 2:00pm in Panabaker Hall. Anyone can register for this workshop --- you don't have to be singing currently with a choir. The only requirement is that you love singing!



The workshop registration fee is \$85. This fee includes Saturday lunch and coffee breaks and Sunday concert participation.

To register, please e-mail Music Director Jane Perry at [jane@calgaryunitarians.ca](mailto:jane@calgaryunitarians.ca)

**Linda Morrison and Friends in Concert!** Sunday, March 17 at 2:00pm in Panabaker Hall. Musician and songwriter Linda Morrison is a going concern in her native Montreal, and now she is bringing her talents to the Calgary Unitarians concert stage! Come and hear Linda perform her own solo set, and then listen to the magic as her Saturday-workshop choir joins her onstage for a truly uplifting finale! Tickets will be available at the door: \$10 general admission, or pay what you can.

### And coming up in April...

**Cabaret 2019! "Great Big C: Music by Canadian Singer-Songwriters!"** Friday April 12 at 7:00pm and Saturday April 13 at 7:00pm, in Panabaker Hall. UUphonia presents its annual Cabaret extravaganza with all the usual sparkle, humour, and fantastic music that our audience expects of us! You can look forward to tunes by Leonard Cohen, Jimmy Rankin, the Arrogant Worms, Lisa Brokop, Buffy Ste. Marie, the Barenaked Ladies, and more! With a cash bar and refreshment stand, a live band, and an entertaining emcee, this is the evening out you and your friends have been waiting for!

Tickets will be available at Sunday coffee hour beginning on March 17. Watch the weekly E-News in March for information about how to buy tickets online!

**Calgary Renaissance Singers & Players** present "Mirthe & Meriment", a concert of some of the funniest madrigals ever to emerge from the Renaissance! Expect to hear a healthy dose of musical mash-ups as well --- where "Blood on the Saddle" meets Thomas Morley, and Thomas Tallis meets Janis Joplin! Sunday, April 28 at 7:30pm at St. Stephen's Anglican Church (1121 14 Avenue SW.) [www.renaissance-singers.com](http://www.renaissance-singers.com)



## Calgary Unitarians Family Camping August 16<sup>th</sup> -18<sup>th</sup> River Grove Campground, Drumheller, AB

Self-registration begins April 1, 2019. Book early to get your site!

Email DRE Sheila MacMaster at [dre@calgaryunitarians.ca](mailto:dre@calgaryunitarians.ca) to connect with our camping group about activities, carpooling and more. Join us for our nightly Group Campfire and Saturday potluck!

River Grove Campground is located along the Red Deer River in a quiet area of Drumheller. Sites are nestled amongst the river valley's mature trees and offer tenting, fully serviced RV sites, and cabins.

### Amenities include:

- Wi-Fi, Washrooms and Showers, Laundromat, Dishwashing Stations, Convenience Store, Playground, and Arcade.
- Located just across the bridge from the Worlds' Largest Dinosaur!
- A five minute walk to the Rotary Spray Park, wading fountain, and both indoor and outdoor swimming pools.
- Walk to the downtown shopping district for a variety of shops and restaurants, including the Valley Doll Museum, Badlands Historical Center, and Jurassic World Fossil Store.
- Visit the world class Royal Tyrrell Museum (10 minute drive) or take a tour of the historic Atlas Coal Mine (20 minute drive).



### Campground Pricing

**Tent** sites \$38+GST/night

**RV** sites \$38 (un-serviced), \$48 (power/water) and \$52 (water/power/sewer) + GST/night

**Cabins:** \$104 to \$135/night +GST (includes double beds, coffee maker, bar fridge, microwave and washroom).





## Come Get Wise About OWL!



OWL (Our Whole Lives) is an all-inclusive educational program which 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.

**Information Session** Sunday, March 3rd

**Time:** 12:00pm-2:00pm (pizza at Noon!)

**Place:** Calgary Unitarians (1703 1 St NW)

Includes **free pizza** for the whole family and lots of great information about the program and how to register.

### OWL Curriculum

#### 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

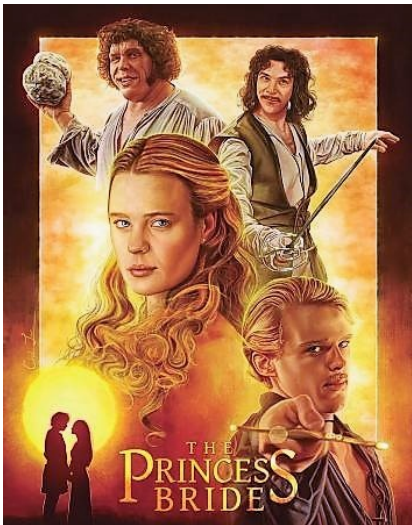
#### UNIT 7 Communicating about Sexuality

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



## Fun Fridays Are Here!

### Family Night at the Movies: March 15th - The Princess Bride



The Princess Bride is a tale of true love and high adventure. When her True Love Westley is tragically killed at sea while seeking his fortune, the beautiful Buttercup is heartbroken. In a story filled with exotically-accented swordsmen, big-hearted giants, genius kidnapers, sadistic torturers, vile swamps, Rodents of Unusual Size, and the Dread Pirate Roberts, the love between Westley and Buttercup twists and turns on a path filled with adventure. Will the True Love of Westley and Buttercup win the day? Will Inigo Montoya find the six-fingered man who murdered his father? And, most importantly, will Grandpa be able to tell the story without any of the yucky kissing?

**Doors open at 6:30; movie starts at 7:00 pm.**  
Proceeds from our groovy snack bar go to the purchase of a professional popcorn maker.

### Green Sanctuary Movie Night: April 5th Modified: A Food Lover's Journey into GMOs



'Modified' is a first-person feature documentary that questions why genetically modified organisms (GMOs) are not labeled on food products in the United States and Canada, despite being labeled in 64 countries around the world. Shot over a span of ten years, the film follows the ongoing struggle to label GMOs, exposing the cozy relationship between the biotech industry and governments.

**Doors open 6:30. Film at 7:00**

Please bring a dessert or appetizer to share.  
Admission is free.  
Donations accepted to cover costs.



## Join Us for March's Pub Night



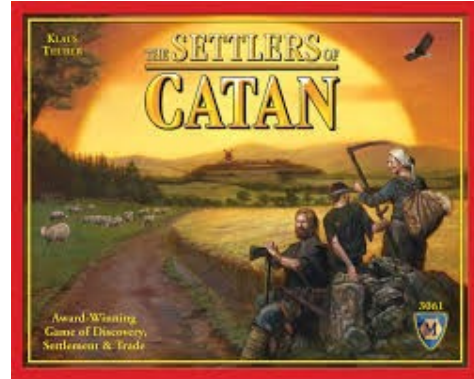
**When: March 6th** from 7:00-9:30pm  
**Where: Kensington Pub-** 207 10A St. NW  
[www.kensingtonpub.com](http://www.kensingtonpub.com)

You've read about, you've heard about it, now come out and experience it for yourself! Pub Night is a night of great conversation and fellowship at one of Calgary's most iconic pubs. The menu is very inclusive, complete with gluten free and vegetarian options.

**Pub Nights** are held on the first Wednesday of every month. Come check it out!

## Young Adults Board Games Day

**When: March 16** 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.

## Get to Know Our Rental Community:

### CYPT

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

*Calgary Young People's Theatre (CYPT) was founded in 1992 by Calgary Unitarians' own Brian Dorscht and Jackie Pontin. Since then CYPT has prided itself on providing numerous development opportunities to young people to explore the performing arts and develop their creativity and teamwork skills through camps, classes, workshops and production opportunities.*

*CYPT produces a theatrical season made up of 4 productions, in which youth ages 9-17 audition for the chance to be a part of a professional theatre process and performance.*

*We offer a mentor-ship program within our productions, giving older students or recent alumni, a chance to shadow our production team to learn other theatrical skills including directing, stage management or design.*

*We pride ourselves on the selection of plays we choose each year that challenge, inspire and entertain our young actors and audiences alike. Over the past few years we have aimed to engage members of the arts community by commissioning original works or adaptations by local playwrights for our season.*

CYPT takes over our entire church with their Summer Drama Camps every July in addition to holding classes and rehearsals all year round. When you see a group of exuberant kids and their patient teachers in the building, they're likely to be some of these aspiring thespians. Be sure to say "Hi!" and remember, these are our most welcome guests. Please respect their presence in our building and consider supporting their community by checking out one of their shows!

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





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

When we talk of balance, it's natural for calm and rest to be the first things that come to mind. There's no getting around it: many of us are tired. We're overworked, over-busy, over-committed. Striving and stress have become the badges we wear to prove that we are of worth. We are often so weighed down by responsibility and worry that it only takes one drop of something unexpected to tip us over. So, yes, we long for rest. Yes, we want less to manage and juggle. Yes, we need the reminder of Balance to know a place of calm and peace is possible.

And yet, pointing us to peace and calm is not all that Balance is about. Remembering this is at the center of this month's work. Indeed, there is no better month than March to help us embrace Balance's *many* meanings.

For instance, take the religious holidays in March. [Lent](#) reminds us that Balance is a place of reassessment, renewal, preparation, and even repentance. It honors the 40 days that Jesus spent in the desert preparing for his ministry and the path to the cross. The Balance he sought in the desert was not that of restful escape, but that restorative re-centering. Balance prepared him, rather than simply offering him relief. [Passover](#) also puts its own spin on balance. It is a time to retell the story of the exodus of the Jews from Egypt after centuries of slavery. Balance is a matter of remembering, of pausing to put yourself back into a story that connects you with others and anchors you in a counter-cultural narrative. During Passover, the Balance one finds is not that of calm but that of reconnection. There's also [Ostara](#), the Pagan celebration of the Vernal Equinox. It honors the Balance of day and night, but more importantly, it celebrates the way this Balance is a tipping point on the way to Spring. It's a reminder that still points are rarely still. They are a place of turning, a space where shifts happen and new life emerges. And finally the Hindu holiday of [Holi](#) also needs acknowledgement, with its ritual of restoring one's belief in the power of good over evil. It's a reminder that Balance and calm aren't found only by taking a break from life, but by trusting in its goodness once again.

March is also the month in which we honor many people who gave their lives to the cause of justice. The list is large:

The [Selma–Montgomery March](#) happened March 21-25, 1965

[James Reeb](#) was murdered on March 11, 1965

[Viola Liuzzo](#) was murdered on March 25, 1965

March is Women's History Month with its call to remember the long history and continuing work for women's equality.

[Susan B. Anthony's](#) death was March 13, 1906

Archbishop [Oscar Romero](#) was killed on March 24, 1980



These anniversaries remind us that being a “People of Balance” is often the opposite of keeping things calm. In order to move toward a Balance of justice, we have to upset the current state of things. Oppressive systems need challenged and toppled. We need to sacrifice our calm and comfort, and instead “go all in.” Achieving a Balance of equality requires us to be purposefully off-balance with our culture, or as Martin Luther King Jr. said, we need people who are “maladjusted.” Being out of sync with “the way things are” is the first step toward a better Balance for all.

Add all this up and suddenly “Balance” takes on a new meaning. It takes on many new meanings. The observances of March remind us that Balance is not simply a destination, but also a place of invitation. It’s not a static space of peace, as much as a still point on which we pivot and turn to something new. It’s not just about rest, but about resting up for a journey. Yes, Balance allows us to catch our breath, but it’s also about finding our center so we can end all our aimless wandering around. It’s fine to think of Balance by imagining the Buddha sitting peacefully under a tree, but we can’t let that overshadow the image of a diver balancing way up there on her diving board, pausing to re-gain her composure and courage so she can leap and go “all in.”

Another way to put all this is to ask, “What is your Balance for?” Maybe instead of asking each other, “Have you found Balance?” we need to ask “Where is your Balance taking you?” Yes, Balance sometimes can be an end, but this month and its observances remind us that more often Balance is a means to a greater end. In other words, maybe Balance isn’t the prize but the springboard. Maybe Balance isn’t the goal, but the source of strength that gets us where we need to go.

Which means that our most important questions this month might be, “Do you know where you’re trying to get to?” and “Which form of Balance will help you along your way?”

## Our Spiritual Exercises

### *Option A:*

### *A Reminder to Re-Balance*

Sometimes balance is as simple as remembering to take a moment to breathe. The problem is we’re not so good at reminding ourselves and remembering on our own. In recognition of this, take a week this month and commit to the practice of a “daily pause” - or maybe a few daily pauses. You can keep it simple by setting an alarm on your phone reminding you to take a break. Or you can use one of the recommended apps below to help remind and guide you. You’ll also need to decide what to do during your daily pauses. Some of us will step away and go for a walk or find a quiet place to be by ourselves. Others will keep it short and sweet, staying put and just taking 5 deep breaths. Still more will use the time for brief meditation. Figure out what works for you.

Here are some apps that might help:

PauseAble: <http://www.pauseable.com>

AURA: <https://www.aurahealth.io>

Breathe: <http://tinyurl.com/y8ddjnqr>

The Now: <http://tinyurl.com/y9mtu9nt>

7 Second Meditation: <http://www.7secondmeditation.com>

Come to your group ready to share how it went. Did daily pauses make a difference? Did you have to readjust your strategy because your first plan wasn’t cutting it? What *exactly* helped you re-balance? Deep breathing? Remembering gratitude? Silence? Self-talk?



## **Option B: Trying Sabbath on For Size**

When talking about balance, it's hard to avoid the biggest recommendation of the Judeo-Christian world: Honor the Sabbath! The Bible tells us that "on the seventh day, God rested." Whether you believe in God or not, you've got to admit that this is a significant endorsement. The emphasis here is, of course, on *taking a whole day*. Sometimes pausing for a few minutes of deep breathing is fine, but for many of us imbalance runs too deep for a quick pause to touch. So, if you're up for some deeper work this month, take on the challenge of a Sabbath day or two. How you go about it is up to you. Indeed, figuring out what "a day of Sabbath" means to you is central to the exercise. Below are some articles and videos to help you design a Sabbath that fits you. Come to your group ready to share how you shaped your Sabbath and how it ended up re-shaping and re-balancing you.

### For Further Exploration:

#### **Digital Sabbath: Unplug for 24 hours**

<http://tinyurl.com/zwe63xs>

#### **The Case for the Sabbath, Even if You're Not Religious, Menachem Kaiser**

<http://tinyurl.com/yc5gpakl>

#### **The Art of Stillness: Adventures in Going Nowhere, Pico Iyer**

<http://tinyurl.com/y29wpqsh>

#### **The Case for A Secular Sabbath, Pico Iyer**

<http://tinyurl.com/y72qu5sl>

#### **Soul Time, Sabbath Time, by Karen Hering**

<http://karenhering.com/soul-time-sabbath-time/>

#### **How to Have a Secular Sabbath**

<http://tinyurl.com/y8pu5w8b>

#### **First Steps Toward Sabbath Practice**

<http://tinyurl.com/y87jd3hk>

## **Option C: Put Down Their Work & Pick Up Your Balance**

Often our imbalance is our own doing. Frequently, we just take on too much. But sometimes it's not that simple. Sometimes, our imbalance is about us taking on too much *that is not really ours to do or fix*. In other words, it's often accepting responsibility for *other people's* weight and worry that tips us over. Or as organizational consultant, Betsy Jacobson, puts it, "Balance is not better time-management, but better boundary-management."

So this exercise invites us to regain our balance by letting go of that which is not ours. The instructions are as simple as they are challenging:

***Identify one way in which you are taking on something  
that is not really your responsibility.***

***Then find a kind way to put up a boundary  
and give their "work" back to them.***

Here's a great reflection by Rev. Meg Barnhouse to give you some motivation:

**Sorry, Hon, Not My Table ~ Rev. Meg Barnhouse <http://tinyurl.com/y3zob3eo>**

Come to your group ready to share what you "gave back," how you put up that boundary and how it gave you back a bit of balance. There will likely be some bumps in the road and some costs. Come ready to share those too, and what it taught you.



## ***Option D: Finding Balance by Facing FOMO***

F.o.M.O. stands for the “fear of missing out.” It’s a trendy phrase but captures something deeply true about what throws our entire culture out of balance. We are constantly bombarded with images of others who’ve “made it” or found “the good life.” This plants the deadly seed in our mind that we’re failing, or worse, that we’re missing out. It’s the classic feeling that “the grass MUST be greener on the other side of the fence.” It throws our lives significantly out of balance.

If any of this echoes with your own struggle, then take some time this month to get in touch with your own F.o.M.O. This is more of a reflective exercise than a doing exercise. Your instructions are to set aside some time to engage the recommend pieces below. Let them lead you where you need to go. Allow them to help you better define your own brand of F.o.M.O. Then come to your group ready to share what you learned, and what you’re going to do with your insight.

### **For Reflection:**

School of Life on FOMO: <http://tinyurl.com/jx2r3ox>

Jason Silva on FOMO: <http://tinyurl.com/ztxcqmww>

Fighting FOMO: <http://tinyurl.com/yd44apr4>

## ***Option E: The Resource Calling You to Balance***

Sometimes none of the exercises speak to us. Or maybe this is an extra busy month and you need an exercise that is less extensive. If so, consider this more reflective option.

Make time to read through the “Companion Pieces” section of this packet and pick the one or two resources that “have your name on it.” Like how we work with the questions in the “Your Question” section. Treat the resources as spiritual companions trying to help you hear the holy in your daily living. Come to your group and share which of the resources lit up in neon lights as you read, watched or listened to it. And what you think it is trying to get you to see, hear, do or change.



## Your Question

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

1. What if the problem is not about being busy and all those balls you're juggling? Could the balance you seek be about connecting who you are inside with how you use your time outside? Are you sure that you are overwhelmed, or just out of alignment?
2. What "congruence" is calling to you? What "alignment" is your deepest self longing for?
3. As a kid, when did you have that feeling of everything being in perfect balance? Is that just a nice memory? Or might it be a guidepost to what you need in your life right now?
4. What happens when you sit quietly in a room? Do the voices you hear center and balance you? Or leave you off-balance and pulled off-center?
5. We struggle between our desire to save the world and savor the world. But what if it's really a matter of listening better to both? How is what you savor calling you to save or protect something? How are your efforts to save world asking you to get better at finding moments of personal balance and joy?
6. Psychologists say we need a balance of work, love and play. Which of these three legs needs more of your attention?
7. Have you become a one or two-legged stool?
8. Are you trying too hard to make something work? Might balance for you be a matter of accepting defeat or finally letting it go?
9. Are you off-balance because you're in a tug-of-war? You do know that you're allowed to simply let go of the rope, right?
10. What if balance isn't about doing a better job juggling what is, but instead a matter of returning to something that was?
11. Is it time to give up one of your passions so the other can fully live? Is trying to balance them all cutting you off from connecting fully with any one of them?
12. Are you out-of-balance because you've taken on too much or taken on too much that is not really yours to do or fix?
13. Is your life out of balance because you are taking on too much or because you want too much?
14. Do you really need better time-management? Or could better boundary-management be your true work?
15. Is time to toss balance to the side and go all in?
16. Do you ever get sick of people telling you that you need more balance in your life?
17. Are you trying to both hold on to and let go of someone at the same time?
18. 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.

**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.



## Companion Pieces

### Recommended Resources for Personal Exploration & Reflection

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

#### Word Roots

From Latin *bi* (two) and *lanx* (plate or dish) to balance scales, both sides being equal. Add to this the idea of a still point from *stille* (at rest) and *peuk* (which includes the idea to mend).

#### Wise Words

I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day.

*E.B. White*

There is peaceful

There is wild

I am both at the same time

*Nayyirah Waheed*

To do two things at once is to do neither.

*Publilius Syrus*

All of a person's misfortune comes from one thing, which is not knowing how to sit quietly in a room.

*Blaise Pascal*

Work, love and play are the great balance wheels of our being.

*Orison Swett Marden*

The key to keeping your balance is knowing where you lost it.

*Anonymous*

Letting go helps us to live in a more peaceful state of mind and helps restore our balance. It allows others to be responsible for themselves and for us to take our hands off situations that do not belong to us.

*Melody Bettie*

I am trying to remember you  
and  
let you go  
at the same time.  
*Nayyirah Waheed*

I try to take only as much as I can give.  
*Anonymous*

Balance is not better time-management, but better boundary-management.  
*Betsy Jacobson*

Busy people have goals; productive people have priorities.  
*anonymous*

Wrap your summer fingers around her wintered soul.  
*Sub Rosa*

Your joy is your sorrow unmasked.  
And the selfsame well from which your laughter rises was often times  
And how else can it be?  
The deeper that sorrow carves into your being, the more joy you can  
Is not the cup that holds your wine the very cup that was burned in the  
And is not the lute that soothes your spirit, the very wood that was ho

*Khalil Gibran*



The spiritual life is, in part, about seeing our lives as an invitation to the best party in town. Our challenge is to stay awake to that, to continually pull ourselves back from the mindset that our days are simply a series of challenges and responsibilities. It's all about balance. We are called to look around and see all that must be done. We are also called to look around and see all that has been given.

*Rev. Scott Tayler*

It's dark because you are trying too hard. Lightly child, lightly. Learn to do everything lightly. Yes, feel lightly even though you're feeling deeply. Just lightly let things happen and lightly cope with them. I was so preposterously serious in those days... Lightly, lightly – it's the best advice ever given me... to throw away your baggage and go forward. There are quicksands all about you, sucking at your feet, trying to suck you down into fear and self-pity and despair. That's why you must walk so lightly. Lightly my darling.

*Aldous Huxley*

When I was little my mother put me in several ballet classes in hopes to bring some grace to my stumbling gait. I grew up walking on eggshells, wobbling to keep my balance on a tightrope that never really ended. My instructor pinched my thighs and shook her bony finger at me every Tuesday and Thursday for three and a half years. 4 am, I'm still tiptoeing around the creaks in the stairs as if anyone would notice an empty bed. This Christmas I came across the broken remnants of the ballerina ornaments my younger sister used to play with. I never did master the delicate posture I was expected to adopt. My feet fell a bit too heavy, I suppose, on the ice tonight. I'm not cold anymore, just exhausted from attempting to balance the wrong things for too long.

*Rebecca Suzanne*

It's dark because you are trying too hard. Lightly child, lightly. Learn to do everything lightly. Yes, feel lightly even though you're feeling deeply. Just lightly let things happen and lightly cope with them. I was so preposterously serious in those days... Lightly, lightly – it's the best advice ever given me... to throw away your baggage and go forward. There are quicksands all about you, sucking at your feet, trying to suck you down into fear and self-pity and despair. That's why you must walk so lightly. Lightly my darling.

*Aldous Huxley*

[Thich Nhat Hanh] looked at me in a quiet, piercing way that stopped my breath, and said slowly: "Speak the truth, but not to punish"... Understanding this koan is a work in progress for me but the more I ponder it, the more it seems to be about balance, speaking up against injustice with courage and passion but with greater awareness of the dangers in

becoming overly adversarial and treating those who disagree as foes... We must be willing to stand in the shoes of others if we are to debate controversial issues with equanimity and avoid gridlock... Thich Nhat Hanh's koan brought me back to his advice to hold our anger with an energy of mindfulness, like the sun shining upon a flower, penetrating deeply until the petals open. Anger can give us the mettle to speak with courage and conviction, but also the venom that blinds us to the views of others.

[\*James Hoggan\*](#)

Life is glorious, but life is also wretched. Appreciating the gloriousness inspires us, encourages us, cheers us up, gives us a bigger perspective, energizes us. But if that's all that's happening, we get arrogant and start to look down on others, and there is a sense of making ourselves a big deal and being serious about it, wanting it to be like that forever. The gloriousness becomes tinged by craving and addiction. On the other hand, wretchedness—life's painful aspect—softens us up considerably. Knowing pain is a very important ingredient of being there for another person. When you are feeling a lot of grief, you can look right into somebody's eyes because you feel you haven't got anything to lose—you're just there. The wretchedness humbles us and softens us, but if we were only wretched, we would all just go down the tubes. We'd be so depressed, discouraged, and hopeless that we wouldn't have enough energy to eat an apple. Gloriousness and wretchedness need each other. One inspires us, the other softens us. They go together.

Pema Chödrön, *Start Where You Are: A Guide to Compassionate Living*

### **Nothing Forced Works** - Kay Ryan

Nothing forced works.  
The Gordian knot just worsens  
if it's jerked at by a person.  
One of the main stations  
of the cross is patience.  
Another, of course, is impatience.  
There is such a thing as  
too much tolerance  
for unpleasant situations,  
a time when the gentle  
teasing out of threads  
ceases to be pleasing  
to a woman born for conquest.  
Instead she must assault  
the knot or alp or Everest  
with something sharp  
and take upon herself  
the moral warp of sudden progress.



## Dark and Light, Light and Dark

Jacqui James

Full text here: <http://tinyurl.com/yvjiecez>

“We shape language and we are shaped by it. In our culture, white is esteemed. It is heavenly, sun-like, clean, pure, immaculate, innocent, and beautiful. At the same time, black is evil, wicked, gloomy, depressing, angry, sullen. Ascribing negative and positive values to black and white enhances the institutionalization of this culture's racism.

Let us acknowledge the negative connotations of whiteness. White things can be soft, vulnerable, pallid, and ashen. Light can be blinding, bleaching, enervating. Conversely, we must acknowledge that darkness has a redemptive character, that in darkness there is power and beauty. The dark nurtured and protected us before our birth...

The words black and dark don't need to be destroyed or ignored, only balanced and reclaimed in their wholeness. The words white and light don't need to be destroyed or ignored, only balanced and reclaimed in their wholeness. Imagine a world that had only light—or dark. We need both. Dark and light. Light and dark.”

## I Remember Galileo

Gerald Stern

Full poem found here: <http://tinyurl.com/y5xrtqvl>

I remember Galileo describing the mind as a piece of paper blown around by the wind,.. but yesterday I saw the mind was a squirrel caught crossing  
Route 80 between the wheels of a giant truck, dancing back and forth like a thin leaf,..  
It was the speed of the squirrel and his lowness to the ground,  
his great purpose and the alertness of his dancing, that showed me the difference between him and paper...  
Paper will do in theory, when there is time to sit back in a metal chair and study shadows; but for this life I need a squirrel,...

## Balanced

[Denel Kessler](#)

Beyond the thoughts  
that keep us bound  
fear  
suffering  
anger  
love  
we will fly  
though it be fleeting

we savor  
the height  
while craving  
the ground below  
knowing  
it takes both  
to make  
a soul

An intellectual is a man who says a simple thing in a difficult way; an artist is a man who says a difficult thing in a simple way.

*Charles Bukowski*

One of the truths we know is that we live in an enchanted universe. The up-there and down-here mingle, the earthly and the heavenly mirror each other. We have no choice but to continue to redeem the world, to save the world from our own selves. We are, ironically, the cause of the breaking and just might be the channel of healing. To make the world whole, we ourselves have to become healed, become whole. Our well-being and the world being well are linked together. To tend to our own inner lives is not selfishness; it is wisdom, it is essential [for the sake of the world].

[Omid Safi](#)

## Balance

*Charles Barnett*

It's always been like this.  
The intellectual and the artist  
ripping each other to shreds in my head  
like wolves in winter, so desperate to eat.





## Roundtable

*James Broughton*

It's all in your head, the first man said.  
It's all in your heart, said another.  
It's all in your stars, said the man with scars.  
It's all in your guts, said his brother.  
It's all in your soul, said the man who was slow.  
It's all in your balls, said the fast one.  
It's all in your things, said the fellow with rings.  
It's in no thing at all, said the last one.

We are very good at preparing to live, but not very good at living. We know how to sacrifice ten years for a diploma, and we are willing to work very hard to get a job, a car, a house, and so on. But we have difficulty remembering that we are alive in the present moment, the only moment there is for us to be alive.

*Thích Nhất Hạnh*

## Ecclesiastes 3:1-8

To every thing there is a season,  
and a time to every purpose under the heaven:  
A time to be born, a time to die;  
a time to plant, and a time to pluck up that which is planted;  
A time to kill, and a time to heal;  
a time to break down, and a time to build up;  
A time to weep, and a time to laugh;  
a time to mourn, and a time to dance;  
A time to cast away stones, and a time to gather stones together;  
a time to embrace, and a time to refrain from embracing;  
A time to get, and a time to lose;  
a time to keep, and a time to cast away;  
A time to rend, and a time to sew;  
a time to keep silence, and a time to speak;  
A time to love, and a time to hate;  
A time of war, and a time of peace.

Equanimity doesn't mean keeping things even; it is the capacity to return to balance in the midst of an alert, responsive life. I don't want to be constantly calm. The cultural context I grew up in and the relational life I live in both call for passionate, engaged response. I laugh and I cry and I'm glad that I do. What I value is the capacity to be balanced between times.

*Sylvia Boorstein, from Don't Just Do Something, Sit There*

Pause.  
Breathe.  
Repair your universe.  
Proceed.  
*Anonymous*

## Songs and Music

### The Eye

*Brandi Carlile*

<http://tinyurl.com/o5cxf5p>

Cover by 1st U in Rochester NY:

<http://tinyurl.com/y8yawr9w>

"You can dance in a hurricane, but only if you're standing in the eye..."

### Both Sides Now

*Joni Mitchel*

<http://tinyurl.com/hk223v2>

### Living In The Moment

*Jason Mraz*

<http://tinyurl.com/mwqeule>

Balance as letting go of what keeps us from being centered in the present.

### If You Love Somebody (Set Them Free)

*Sting*

Loving as the balance of holding on and letting go

<http://tinyurl.com/y7szm7en>

Esben Engholm cover: <http://tinyurl.com/yc2iqfh6>

Morgan James cover: <http://tinyurl.com/y7oqvxtc>

### Return Again

covered by Neshama Carlebach:

<http://tinyurl.com/ybuf5syt>

Cover by Green Pastures Baptist Church:

<http://tinyurl.com/y7ukw7tq>

### Dona Nobis Pacem (musical and visual meditation)

*Music by Mark Miller*

(Honoring the experience of being balanced and at peace.)

<http://tinyurl.com/yayqnf2>



## Videos

### Balance

Oscar Winning Cartoon - *must watch...to the very end*  
<http://tinyurl.com/qdcccj9y>

*You might want to watch it at a higher playback speed.*

### Existential Bummer

*Jason Silva*

<http://tinyurl.com/polaqbf>

Balancing impermanence's call to both hold tight and let go

### Complainers (Must Watch)

*Rudy Francisco*

<http://tinyurl.com/mw8dw2t>

A provocative and powerful call to balance our tragedy and helplessness with our agency and power. You may not agree with every word, but it's all worth engaging.

### Life's Symmetry

*A visual meditation*

<http://tinyurl.com/ybqwopt4>

### Are you a body with a mind or a mind with a body?

*A TED-Ed video*

<http://tinyurl.com/y9dqowkr>

### How to make work life balance work - TED Talk

*Nigel Marsh*

<http://tinyurl.com/o2ekxl9>

Not your predictable talk on work-life balance. Check it out for one of the most original and clear assessments of our need for "real" work-life balance.

### The Impossibility of Work-Life Balance!

<http://tinyurl.com/o6v26t7>

### How Did Income Disparity Get So Out of Balance

*An interview with Robert Reich*

<http://tinyurl.com/y6vkvx7vo>

## Podcasts

### Desperately Seeking Symmetry - Radiolab Podcast

<http://tinyurl.com/y8b63vn5>

<http://tinyurl.com/ybhqvoqz>

This hour of Radiolab, Jad and Robert set out in search of order and balance in the world around us, and ask how symmetry shapes our very existence -- from the origins of the universe, to what we see when we look in the mirror.

## Articles

### Black Sheep and Bad Emotions: Why Both Are Necessary for A Life Well Lived

*Wisdom Pills*

<http://tinyurl.com/yaf39ous>

### Soul Time, Sabbath Time

*Karen Hering*

<http://tinyurl.com/y8go457n>

Sabbath practice as letting time rest without being counted.

### Why Equanimity (balance) Is an Essential Buddhist Virtue

<http://tinyurl.com/ybs6wcux>

## Books

### The Upside of Your Dark Side: Why Being Your Whole Self (Not Just Your "Good" Self) Drives Success & Fulfillment

*Todd Kashdan & Robert Biswas-Diener*

<http://tinyurl.com/y232wfwb>

A call to balance and embrace both the positive and the negative in life.

### Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives

*Wayne Muller*

<http://tinyurl.com/y5fp93jl>

### The Stress-Proof Brain: Master Your Emotional Response to Stress

*Melanie Greenberg*

<http://tinyurl.com/yyy7lmfu>

On balancing ourselves in the midst of the winds and weight of stress.

### Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked

*Adam Alter*

<http://tinyurl.com/y37fey5k>

About achieving a better balance in our relationship with technology and social media. Seemingly about our cell phones but really about our dance with all of life!

### Falling Upward: A Spirituality for the Two Halves of Life

*Richard Rohr*

<http://tinyurl.com/yxbnvxhf>

Video overview: <http://tinyurl.com/ybxayghx>

On re-balancing our aims in the second half of life.



## Movies

### Suffragette

(In honor Women’s History Month)

<http://tinyurl.com/y5kxseff>

The story of bringing the balance of equality for women in early-20th-century Britain

### Iron Jawed Angels

(In honor of March being Women’s history month)

<http://tinyurl.com/y3xsu6p5>

### 10 Great Women’s History Films

(In honor of March being Women’s history month)

<http://tinyurl.com/y6wut6sk>

### Romero

(In honor of Archbishop [Oscar Romero’s](#) death on March 24, 1980)

<http://tinyurl.com/y4o4nc4q>

The fight to balance a world of violence and injustice with the witness of love and sacrifice.

### Selma

(In honor of the [Selma–Montgomery march](#) - March 21-25, 1965) <http://tinyurl.com/y2vx2ru5>

### Short Videos on James Reeb

(In honor of his death on March 11, 1965)

<http://tinyurl.com/yb6bjle5>

<http://tinyurl.com/ycpjp2s8>

### The Road

<http://tinyurl.com/y3erboc6?>

A story about finding your balance in a world gone mad by living for others.

### Silver Linings Playbook

<http://tinyurl.com/y3cruz8v>

A story about life and illness throwing us out of balance and out of connection. Also a story about being pulled back into balance through connection with others.

### Inside Out

<http://tinyurl.com/ondnkov>

After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house, and school. Watching her balance all her conflicting voices makes this movie a gem.

### Koyaanisqatsi

<http://tinyurl.com/y9bnup5q>

<http://tinyurl.com/ybhjhj25g>

“Koyaanisqatsi, the Hopi word for “life out of balance” is not your traditional film. It has no plot, no characters and no ending. It does, though, have a very clear message. This film sets images to the haunting music of Phillip Glass showing our disconnection with the natural world and perhaps unwise reliance on the world of technology.”



Soul Matters

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

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

## Upcoming Themes for Reflections in 2019



**April - Emergence**

**May - Creativity**



## Introduction to Unitarian Universalism

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

Choosing a church community that fits you and your family is an important decision.  
Come explore if Calgary Unitarians is a good fit for you.

Rev. Debra Faulk and the Membership Committee will facilitate the workshop.

**Time & Date: Saturday, March 30, 9:30 am – 12:45 pm (lunch provided)**

Childcare available; advance notice required.

To register or for further information email [membership@calgaryunitarians.ca](mailto:membership@calgaryunitarians.ca)

Please provide information on food sensitivities.



## Build Your Own Theology 1

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

**Facilitators:** Rev Debra Faulk and Lynn Nugent

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

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

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

For further information or to register, email Lynn Nugent at [lnugent@shaw.ca](mailto:lnugent@shaw.ca)



## Theme Based Ministry

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

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

## Theme Based Listening Circles (TLCs)

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

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

### Current Groups meet:

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

4th Sunday of the month 12:00 – 2:00

## Being Grateful Inspires Generosity

It's March, and it's time for our annual Generosity Campaign. This is when we all have a chance to make a pledge of the financial and volunteer support we plan to give to our beloved community for the next church year (August 2019 to July 2019).

The theme for our campaign this year is "**Gratitude: For All That Is Our Life**". Think of all in this congregation that we can be grateful for: inspiring services; programs that promote spiritual growth; wonderful music; outstanding children and youth programs; pastoral care in our times of illness or grief; work in the interfaith community; and work for social and environmental justice. And our beloved community itself, supporting us through the difficult times and celebrating the good times.

On March 10, your Stewardship Team canvassers will pass you brochures which we hope will inspire generosity in each heart. Let's each dig deeply to offer the resources to help our congregation to thrive.

On March 24, you are invited to our Commitment Sunday Service, where we can each offer a pledge of our best efforts in support of this community, and our best financial support to meet our goals. Bring your grateful heart to this service. And join us afterwards for a yummy chili lunch brought to you by your Stewardship Team.

Our generosity can lead to our dreams being fulfilled. Together we can create a plan and a budget that we can all feel glad of at our Annual General Meeting in May.





## How to Hold an Online Meeting



Ever wish you didn't have to travel to attend a meeting? Well now you don't!

All you and the others in your meeting need is a computer with a webcam attached and a good internet connection.

If someone else in the group that wants to meet online has set up a meeting, they will send you a link. Clicking on the link will start a process to install the Zoom software on your computer. Once it's installed you will be able to connect to the meeting and participate.

If you want to host an online meeting, contact Martha, our office administrator, ([office@calgaryunitarians.ca](mailto:office@calgaryunitarians.ca)) to get instructions.

Think of the time and travel you will save!

## Death is Not an Option

### Workshop 1: Are You Prepared?

You are invited to join Lay Chaplains Bev Webber and Lynn Nugent for a practical and heart centered look at death and dying. The first in this series of half day workshops will discuss being prepared for illness and death, including having a will, a personal directive, enduring power of attorney and end of life ceremony plan. Sources for further information and assistance will be provided.

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

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

**Fee:** \$10.00 subsidy available on request.

### Workshop 2: Signposts of Death

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

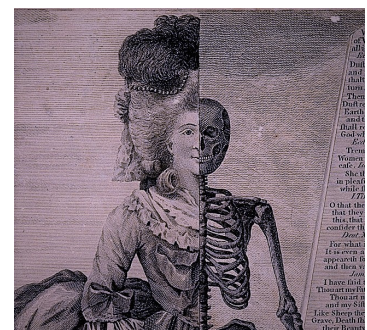
An opportunity will be given for those who attended the first workshop to speak about their experiences of "getting prepared".

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

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

**Fee:** \$10.00 subsidy available on request.

To Register for either or both workshops, or for more information, contact Lynn or Bev at [laychaplains@calgaryunitarians.ca](mailto:laychaplains@calgaryunitarians.ca)





## Laissez le Bon Temps Rouler!

### Order Your Co-op Cards for March

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

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

**Order your March Gift Card (by cheque, cash or e-transfer) on or before Sunday, March 3rd**

We'll collect your order after the church service on March 3rd, or you can order in advance by placing your cheque or e-transfer pledge in the church office before March 3rd.

**Pick up your order the following Sunday, March 10th.**

Any questions? Contact anyone on our team: Ev Dewar [ev.dewar@kogawa.com](mailto:ev.dewar@kogawa.com), Barbara Lane [barbaralane54@gmail.com](mailto:barbaralane54@gmail.com), Alex Russell [itfromblighty@gmail.com](mailto:itfromblighty@gmail.com) or Sheila Ward [sggward@shaw.ca](mailto:sggward@shaw.ca)

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

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



### Here's how it works in 3 easy steps:

- 1) Click on one of the links below to see our SignUp.
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on [SignUp.com](http://SignUp.com).

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

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

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

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

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

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



## How to Reach Our Staff

### Minister

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

### Director of Religious Exploration / Youth Program Coordinator

Sheila MacMaster 403-404-1361  
[dre@calgaryunitarians.ca](mailto:dre@calgaryunitarians.ca)

### Music Director

Jane Perry  
[music@calgaryunitarians.ca](mailto:music@calgaryunitarians.ca)

### Administrator

Martha Mantikoski  
[office@calgaryunitarians.ca](mailto: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](http://www.unitarianscalgary.org)  
**Phone: 403-276-2436**

## Publishing the Quest

The Quest is published 11 times per year by Calgary Unitarians. Electronic copies are available at [www.calgaryunitarians.ca](http://www.calgaryunitarians.ca). Submissions of articles, photographs, and event announcements are encouraged. Questions about the Quest, please email: [quest@calgaryunitarians.ca](mailto: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](mailto: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](mailto: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](mailto: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](mailto:caring@calgaryunitarians.ca)