

THE UNITARIAN



FEBRUARY 2020

February 2

Personal Resilience: You Can Do It & You Don't Have to Do It Alone

Rev. Danielle Webber & Worship Associate Rob Sebo

Welcoming Board Member – Wayne Broughton

So often in North American, or Western Society we have an individualistic outlook on life: pull yourself up by your bootstraps, climb the corporate ladder, and achieve success. But what if the real secret behind resilience is not in breaking away from others, but leaning on each other for strength. And how do we withdraw from society's suggestions and create a more resilient world.

Winter pot luck Community Lunch. Please Join in & invite a friend !

February 9 ***Hope in the Doom & Gloom***

Rev. Danielle Webber & Worship Associate Linda Geubert

Welcoming Board Member – Sheldon Reddekopp

In a world where so much seems lost or out of our individual control, it is very easy to find our way into a pit of doom. Climate Crisis, political spheres, mental health, financial stability, there are so many things that we can struggle with and feel completely overwhelmed by. Today we will be looking at stories of hope, possibilities of optimism, and ways to find resilience in the 21st century.

February 16 ***Build it Before you Need it***

Rev. Danielle Webber & Worship Associate Kim Dawson

Welcoming Board Member – Rob Sebo

While exploring the dos and don'ts of growing a community there are many different best practices listed. "Building *it* before you need *it*" is one of many, and suggests that communities who are hoping to grow in numbers should put into practice programs or systems that they don't necessarily need **yet**. What would our personal resilience and our community resilience look like if we put in place this practice "Build it before you need it."

February 23, 2020, Resilience – a Refugee's Point of View

Guest Speaker: Asif Khan & Worship Associate Keith Germaine

Welcoming Board Member – Linda Easton

Asif Khan is a Pakistani refugee who spent 5 years in Thailand waiting to be sponsored with his family of 11, with 5 children under 10. They had to survive the most dangerous and life threatening conditions for the last 4 years in Bangkok. It is an Ann Frank story of hiding in a single room, never going out- no school- constantly on the move to stay one step ahead of the police because their visa had expired. If caught it meant prison and the end of their hope of a future.



Our Designated Giving for February is The Canadian Unitarian Council's Sharing our Faith Grants

The Sharing Our Faith program provides funds for congregational initiatives which enhance ministry, aid congregational projects and outreach, and enhance the Unitarian Universalist movement in Canada. The CUC Board will consider new starts where funding is requested for the very early stages of group development and will consider the special circumstances of groups which have been in existence for a shorter time than three years when applying these criteria. Priority is given to applicants who have not received a Sharing Our Faith grant in the previous year. Congregations are encouraged to think creatively about how these funds could be used to encourage growth in their congregation or emerging group. Examples of possible uses for funds include:

- Topping up the salary package offered by a congregation moving to professional ministry.
- Supporting a "Minister on Loan" program for an emerging group.
- Providing travel funds to enable remote congregations to have access to ministerial services.
- Developing religious education programs for children, youth or adults.
- Other uses relevant to ministry, outreach and extension.

What Does It Mean To Be A People of Resilience?

When did we decide that resilience was a solo project?

It's not that we consciously defined it that way. It's just what we were taught, from the time we were little until, well, today. The same thing was - and is - said in so many ways: "Pull yourself up by your own bootstraps"; "You're stronger than you think."; "If at first you don't succeed, try, try again."; "What doesn't kill you makes you stronger." The cultural message is clear: resilience depends on you - your individual toughness and inner strength. It's a solo act.

And it's not just our culture, but our UU faith too. We also prop up this heroic and individualistic form of resilience. We UUs famously rejected the idea that human beings are depraved, sinful and weak and replaced it with the view that people are inherently worthy and strong. As [one leading UU voice](#) put it, "Our moral fiber is equal to all demands!" It's the ultimate "You can do it!" theology.

Yet at our best, we don't stop there. We say two things at the same time: "You can do it." and "You don't have to do it on your own!"

Remember those folk sayings that hold up the image of a tree being able to bend with the wind? Remember how they end with a message about resilience resting in our ability to flexibly lean and bend? Well, for us UUs, another kind of leaning is just as important: the practice of leaning on those next to us! Yes, bend with the wind we say, but also remember that no one makes it through the windstorms alone.

It's all a reminder that while resilience has a lot to do with what is inside us, it equally depends on what is between us. This is where our Soul Matters framing is so important: we are indeed a people of resilience. Forget solo act; think community choir! We survive our pain by having the strength to tell others about it. We find the courage to make our way through the dark only when we sense we are not alone. Internal and individual grit only gets us so far; empathy, assurance and love from others gets us the rest of the way. Resilience has everything to do with the water within which we swim and the web of connections that surround us. Resilient people arise from resilient relationships!

So friends, this month, let's look around as much as look within. Let's let up on all the "grin and bear it" talk and instead grab the hand that is reaching our way. Let's help each other remember that resilience arises not so much when we dig deep but when we remember we don't have to do it all on our own!From the Soul Matter's Team!

Minister's Musings:

It is February, and at Kelowna Unitarians that means it is time for our Annual General Meeting! We will be discussing as a community where our resilience comes from, and what we can do to continue to strengthen and support our community. As we look at a new fiscal year and make plans for our future together, let us remember that as a faith community we need one another to be resilient, and to make it through the times of change, and the times of great shift.

A quote from Aimee Van Audswell articulates this idea really well:

This morning I have been pondering a nearly forgotten lesson I learned in high school music. Sometimes in band or choir, music requires players or singers to hold a note longer than they actually can hold a note. In those cases, we were taught to mindfully stagger when we took a breath so the sound appeared uninterrupted. Everyone got to breathe, and the music stayed strong and vibrant. So let's remember the advice of music: Take a breath. The rest of the chorus will sing. The rest of the band will play. Rejoin so others can breathe. Together, we can sustain a very long, beautiful song for a very, very long time. You don't have to do it all, but you must add your voice to the song.

There is much work still to do as we continue to move our faith community down the path of growth and congregational health know that you can stop and breathe.

Rev. Danielle Webber uudaniellewebber@gmail.com

403.988.8490

Danielle is available for appointments Friday - Tuesday

Summary of January Board Meeting

The Board & Rev. Danielle met on January 13.

- A strong applicant for Faith Formation Coordinator has not yet been found, The Board has agreed to strike a task-force to discuss next steps.
- A proposed budget for 2020 is prepared for the AGM which will be February 16.
- We have a verbal contract for snow removal with 'Mike-the Machine' but volunteers Sunday mornings are much appreciated.
- There are new rental rates for the church which will soon be added to the website.
- Marilyn Strachan has resigned from her long service organizing set-up for Sunday services. Thank you so much Marilyn for your excellent work! We will be looking at how to restructure our Sunday morning Set-up system, but we will need volunteers in the mean time! Please talk to Danielle or any of the Board members about volunteering!
- As a mark of our growth we have been looking at numerical growth (check out Danielle's January Newsletter for a description of these different growth areas). When Rev. Danielle started as our minister in September 2018 our membership was 48. In the last year and a half we have lost 5 members due to death and moving, but we have gained 13 new members - a tribute to the work of our full-time minister!
- The board read Jane Vallentyne as our newest member.
- Next board meeting will be February 10.
- Welcoming members for Feb: 2nd - Wayne, 9th – Sheldon, 16th – Rob, 23rd Linda

Announcements:

Our labyrinth walks for February will be held **Friday** the 7th at 7:00 pm and **Friday** the 21st at 2:00. The change to an afternoon walk is in response to people who are unable to come in the evening. Hope this will work for you! I will advise of the themes for the walks closer to the dates.

Blessings, Lindsay

Money Matters Dear Friends and Members This year it has become popular for individuals within our community to handle church transactions involving money via E-Transfers. In order for the office to correctly distribute your funds and properly provide tax receipts where applicable we would ask that you ensure that you give us your full mailing address as well as how you would like your funds to be allocated. Funds can be allocated as follows: General Donations, Pledges, Rentals, CMHA Graduated Rent Supplement Program (GRSP) or U5Refugee Fund.

If you have any questions or would like to discuss this further please contact either Louise McKenzie or Anna Geibel at the Unitarian Office,
ph. 250-763-7212 Regards Louise McKenzie Administration

Nature's Fare 3 % Club

We receive a rebate of 3 % on the total amount of store receipts we submit each quarter. **Next submission will be at the end of April. Save your receipts - even better - collect them from your friends and neighbours too !!**

Move It Forward Cupboard – located in the Cloakroom –
is there for anyone in Need -- members / friends – sometimes people
from the broader community – Take what you need --
For those able – adding items to it is always Welcome !

KU COFFEE HOUSE

Friday Feb. 28th

Doors open: 6:30 p.m.
Show Starts: 7:00 pm

**A musical extravaganza
featuring
spoken word and acoustic acts.**

THE SEVEN PRINCIPLES

Unitarian Universalist congregations affirm and promote seven Principles, which we hold as strong values and moral guides. We live out these Principles within a “living tradition” of wisdom and spirituality, drawn from [sources](#) as diverse as science, poetry, scripture, and personal experience.

As Rev. Barbara Wells ten Hove explains, “The Principles are not dogma or doctrine, but rather a guide for those of us who choose to join and participate in Unitarian Universalist religious communities.”

1. The inherent worth and dignity of every person;
2. Justice, equity and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

Sunday Services and Children’s Program are held at 10:30AM

Kelowna Unitarians Office Hours: Tuesdays and Fridays 11:00 am -2:00 pm

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ufksignal@hotmail.com by the 3rd Monday of each month

