



The Westwoodian

Connecting you to Westwood Unitarian Congregation

11135-65 Avenue, Edmonton, AB, T6H 1W3
 Tel: 780-434-5819; E-mail: info@westwoodunitarian.ca
www.westwoodunitarian.ca

Sunday Services

Services start at 10:30 a.m. and last about one hour. Visitors are welcome and are encouraged to stay for refreshments and conversation afterwards.

November 2 – Why It Matters: Tuesday's US Election

Not our election ... not our problem ... right? (...left?) Exploring the interdependence of the Canadian and the United States political arenas.

Speaker: Minister Anne Barker
Service Leader: Dennis Foth
Musician: Sheila Killoran

November 9 – The Athabasca Tar Sands: Threats and Opportunities

Mike Hudema, Alberta organizer for Greenpeace will speak about the environmental threat represented by the Tar Sands developments and what Albertans are doing to bring about a transition in the province.

Speaker: Mike Hudema
Service Leader: Keith Wiley
Musicians: Jakalin MacGregor and Robert Wiznura

November 16 – UU Family Values

The phrase "family values" is near to becoming a conservative trademark – but Unitarian Universalists have family values too! In a community of diverse ages, interests and theologies, what are the family values we hold dear?

Speaker: Minister Anne Barker
Service Leader: Elaine Roberts
Musicians: Harmonia

November 23 – Radical Honesty

How honest is too honest? Can truth telling do more damage than good? This service considers whether honesty is really a Unitarian Universalist virtue.

Speaker: Minister Anne Barker
Service Leader: David Deephouse
Musician: Joel Crichton

November 30 – Dorothy Livesay: Unitarian Poetics of Social Revolution

An exploration of the writing and life of Dorothy Livesay, brilliant poet, sexual radical, social worker, Unitarian, and feminist activist. Her memory mentors us all.

Speaker: Janice Williamson
Service Leader: Carl Ulrich
Musician: Sheila Killoran



Barker Bits



Riding the Waves...

In times of economic uncertainty, it is common to feel panic rising in one's chest.

We want to know that our futures are secure – that we can finance our children's' (or our own!) educations ... that we can afford to remain in our homes ... that retirement is still possible. We want to know that everything we have worked toward, everything we have built, will ultimately support us in return.

The lessons of a global financial crisis are no different than the ordinary lessons of community; they just come faster and harder and seem more urgent. The best laid plans of human beings are subject to many forces – there are no foolproof guarantees. Working hard and having a clearly articulated plan are elements of success, but not sure things. Making care-filled balanced decisions can minimize risks, but not avoid them entirely. Building relationships and nurturing the environment provides a foundation to build on, but cannot guarantee freedom from tragedy and disaster. In a system where all things are connected, there is no way to step outside of the loop and live independently.

As we ride the waves of the world money market, it is a good time to return to the important lessons we are always re-learning – the lessons of community.

We are resourceful ... within any community there are gifts and talents beyond measure. Working together, we can maximize our strengths and diminish our shortcomings. There is never 'just one way' to do anything; our youth are a particularly good reminder of this, should we forget.

We are not alone ... no matter what is going on, however frightening or painful it may seem, we need not face it alone. There are others who have been there – some who are traveling a similar road – more who can empathize with

where we are. Talking with someone, walking with someone, lessens the pressures of carrying concerns in isolation.

We need one another ... it is not just convenient to work together – it is absolutely necessary! Our interdependent existence requires us to find ways to gather in harmony, lest we extinct ourselves doing just the opposite. Politically, financially, physically and spiritually, we cannot do it alone; we require a sustainable system in which to operate.

The world is being shaken and stirred. What we have counted on, what we heard from world leaders, is under the microscope. It is our task, using the principles we are sure of ... to look closely and find real answers. The only way we can do this is **together**.

In love and peace,
Anne Barker

Upcoming Events

UUGuys

Sunday, November 2, 7 - 9 pm at the church

UUGuys, Westwood's Men's Group, will meet on Sunday, November 2, from 7-9 pm in the church. We will begin with a check-in. We will then discuss our topic for the month, "Our Relationship with Things." Newcomers are always welcome.

New2UU Session

Sunday, November 2, after service

For newcomers and visitors new to Westwood and Unitarian Universalism. Join minister Anne Barker and Sara McEwan for an informal time, lasting as long as you have questions. Refreshments and childcare provided.

RSVP Sara: saraemc@telus.net;

Adult Programming Meeting

November 19, 7:30 pm

Our November event is titled "Our 7th UU Principle, should it be our 1st?" (The 7th principle is Respect for the interdependent web of all existence of which we are a part.) Jim Lavers, who attends Westwood, and has been tracking earth systems change for 50 years, has come up with this question. There will be discussion after a fact finding mission about the actual workings of our planet - the Gaia. Linda Jennings, who will guide the discussion, can be contacted for information.

Orientation to Westwood Session

Sunday, November 23, noon to 3:00 pm

For newcomers and friends interested in deepening their connection with Westwood. Join church leaders, minister Anne Barker and Sara McEwan for lively conversations and considerations. Lunch and childcare provided.

RSVP Sara: saraemc@telus.net;

Simplicity Circle

November 30, 7:30 pm

This month's meeting will explore simplicity and death: The byword of the Memorial Society of Edmonton and District is "dignity, simplicity, economy." The organization exists to assist those who believe in simple and dignified final arrangements planned before death. Elaine Roberts is on the organization's Board and will give us information, share her experience, and field questions. For information contact Sara McEwan, Fabian or Linda Jennings. We welcome regular, occasional, and first time attendees at our monthly events.

Book Discussion Group

The Adult Programming Committee is planning a three-session discussion group on the book *Freethinking Mystics with Hands: Exploring the Heart of Unitarian Universalism*. Planning is continuing with tentative dates of January 21, 28 and February 4. Watch the December newsletter for further details.

Board to Call Council of Chairs Meeting

The Westwood Board will shortly be calling a Council of Chairs meeting to make sure we are all rowing in the same direction in our congregational boat. Board Vice President Mitch Waldon and our Minister Anne Barker will be coordinating the meeting. The Council of Chairs brings together once or twice a year the people who chair each of Westwood's committees. Some committees may have changed the chairperson. So we are also asking each committee chair to contact Mitch or Anne to keep in touch.

Thanks,
Keith Wiley, Board Secretary

Volunteer Opportunities

Volunteers are needed to handle the sound technician duties on Sundays. The tasks include setting up the microphones and digital audio recorder, doing sound checks, and putting it all away. Training and follow-up are provided. Please sign-up on the sanctuary bulletin board.

Westwood News

Investing in Westwood

We will soon begin planning for our annual canvass when we all reflect on what time and money we invest in Westwood. Well ahead of the actual canvass we are asking everyone for their ideas and suggestions for the canvass process, including canvass connections, events, survey and financial pledging and follow-up. Please contact Allison Akgungor (akgungor@shaw.ca) to share your ideas. Please watch church announcements for further information.

Westwood's Tree of Life Graphic

Westwood uses a tree of life for the congregation's logo. Over the years, copies of copies found the image (graphically speaking) degraded. Happily, there are now repaired graphic files available. For all committees and/or assorted working groups at Westwood, please be sure to use the upgraded image on any materials you produce. The graphic files, in a couple of variations and file formats, are available from Susan Kraft or Keith Wiley.

Westwood Audio

Audio recordings from Westwood services are available on the website. There are several sermons to choose from now, and we hope to make weekly additions to the collection. <http://www.westwoodunitarian.ca/audiotest.htm>

... a true bit of Westwood

The piano wasn't playing quite right - there was issue with some of the keys being hard to press. Bruce, the piano tuner, was called in to check it. Inside the piano works he found two AAA batteries. His notation on the invoice read: "This acoustic piano does not require batteries."

When you judge another, you do not define them, you define yourself.

-- Wayne Dyer

Campus Ministry Report



By Rev. Audrey Brooks

The Interfaith Chaplains Association began the U of A school year by serving a hot soup lunch to 500 International students. Each chaplain was responsible for feeding 75 students, we did it with 1/2 pot of soup left over. Much thanks to Jan McMillan and Jolien Pauw for helping me fill my quota!

I helped host an information table for orientation week, cleaned the chapel kitchen at SUB, and replaced dishes, utensils and cleaning cloths. I attended a reception for Francis Robinson, the new Dean of Students, and an interfaith dialogue, "The Canadian Ecumenical Peace and Justice Movement: Past and Present" with Dr. Roger Hutchinson. The usual beginning of year planning sessions, Chaplains meetings, book study with the New York Times bestseller, "The Shack," student discussions and pastoral visits have made September a very busy month.

A new addition to the chapel in SUB is a meditation room, cleaned and painted by the chaplains. I have this booked for two Wednesdays a month, from 4 to 8 p.m. for Unitarian events.

The Campus Ministry Team, Audrey, Gilbert, Suzette and Ray, are putting together several dynamic presentations, will be asking for your help when the program is ready to go.

Forum: *Faith and Politics: Crossing the Undefended Border*
Maple Leaf Room, Lister Hall
Tues. Nov. 4th, 11 am - 4:30 pm

Public Lecture: *Jesus for President: Faith, Politics, and Why Americans Can't Keep Them Apart*
TELUS Centre, U of A
Tues. Nov. 4th, 7 pm

November 4th is election day in the U.S. On this day, well-known writer and authority on Evangelicalism and U.S. politics, Molly Worthen, will address the intimate relationship between faith and politics in the U.S. in a public lecture, and in a forum where she will be joined by a panel of experts from a variety of faith traditions. This event is sponsored by the U of A Interfaith Chaplains Association and the Chester Ronning Centre for the Study of Religion and Public Life. Cost for the Forum is \$50 which includes lunch and snacks for break-out sessions. Contact Rick Van Manen (780-492-5327) for tickets.

Board News

Splinters from the Board

Your devoted Westwood Board met on October 6 and highlights of our discussion are summarized below:

Care and Connections

Virginia Gillese attended our meeting to talk about her new role tending to those Westwood members who have fallen ill. We are grateful to Virginia for devoting her time and care to one of Westwood's key committees.

Covenant of Right Relations

Inspired by the CUUL School experience where all of our small and large meetings began with a process of determining our "covenant of right relations", **Pam Brierley** asked the Board to come up with our very own list. This is what emerged in a ten-minute brainstorm. We plan to follow the 3 E's: be effective, efficient and enjoy our time together. Thank you to **Terry Anderson, Anne Barker, Pam Brierley, David Deephouse, Kevin Fitzgerald, Susan Kraft, Mitch Waldon, and Keith Wiley**. Past President **Dean Chan** would have participated but was busy with his new delightfully expanded family! (Congratulations again to Dean Chan and Deidra Helmig and family on your recent adoption!)

Our Westwood Unitarian Board Covenant (October 6, 2008)

- *Be on time*
- *End on time*
- *Self care: snacks and tea*
- *Assume good will*
- *Trust that you will be heard with open and active listening*
- *Accomplish everything you commit to do*
- *Follow the agenda and keep on time*
- *Engage in non-obstructive fun*
- *Use "I" statements*
- *Compassion: it matters*
- *Flag your feelings when required*
- *Use democratic process*
- *Make sure everyone is heard*
- *Share responsibility for reaching decisions*
- *Follow through on commitments*

- *Exhibit collective solidarity after individual opinions are aired*
- *Share your concerns with the board rather than air them in public*
- *Take responsibility for voicing your opinion*
- *Include spiritual/reflective element in all meetings*
- *Investigate and use "gradients" type decision making*
- *Check and read your Board emails*
- *Understand that we are in process and learning*
- *Develop clear action items*
- *This covenant is a living document and subject to revision*

Lifespan Learning

Kath Oltsher and **Kathy Lightfoot** have presented us with an intriguing proposal to develop our children's program and to explore the Lifespan Learning model that CUC has been developing over the past few years. They are gladly invited to present their ideas at our next meeting.

Policy development for keys and for email voting. Thanks to **Terry Anderson**, we've developed workable policies that will help us secure the building and help us develop a system to make decisions electronically when the particular decision requires timely action and not much discussion.

Winter Solstice Offering.... This year our Winter Solstice Service at City Hall will incur additional expenses. Thus we agreed that the "net" proceeds (after expenses) would be donated to the charity selected by our Social Justice Committee.

Board Liaisons for Committees

- Adult Programming – (Terry Anderson)
- Chalice Circles – (Janice Williamson)
- Canvass – (Kevin Fitzgerald)
- Children's Religious Education – (Mitch Waldon)
- Endowment Fund Trustees –
- Hospitality – (Mitch Waldon)
- Buildings and Grounds – (Mitch Waldon)
- Care and Connections –
- Communications – (Keith Wiley)

- Financial Review Committee – (David Deephouse)
- Lay Chaplaincy –
- Library – (Janice Williamson)
- Membership –
- Nominating Committee –
- Long Range Planning – (Kevin Fitzgerald)
- Ministerial Relations –
- Music and Choir – (David Deephouse)
- Social Justice –
- Welcoming Congregation – in hiatus (Janice Williamson)
- Worship –
- U of A Chaplaincy Committee – (David Deephouse, Janice Williamson and ?)

Volunteer appreciation event

We will be organizing a celebration in order to thank those Westwood members and friends who have devoted themselves to our congregation.

Space

We agreed to offer rehearsal space to “Small Change”, Christine Lesiak’s two person clowning theatre company. We announce this to remind members that we have a policy about making Westwood’s space available to members as long as you are not charging for the event. However if you are not paying rent, you must be willing to give up the space should there be a renter willing to pay for the same time and space at Westwood.

A Final Reminder

If you would like a decision or discussion at a Westwood Board meeting, please allow two weeks notice so you will be added to our agenda. Our meetings are almost always the second Monday of the month. Our next Board meeting is **Monday November 10 at 7pm.**

Any path is only a path, and there is no affront to oneself or to others, in dropping it if that is what your heart tells you.

-- *Carlos Castaneda*

Treasurer’s Notes



Fall Financial Update

Westwood finished its past fiscal year (July 1, 2007 - June 30, 2008) with a surplus of \$24,768. The biggest factor in this, totaling \$8,300, was the lower than expected expenses on worship and professional expenses. We also spent over \$3000 less on programs and on buildings and grounds than initially planned. Some of our revenues were higher, such as rentals (\$1,160) interest (\$1,300), non-pledge contributions (\$1,400). Unfortunately, we did not receive all that was pledged for last year; there was a shortfall of \$2,724 from our total pledge of \$88,124. Please contact me if you want to see the full statement.

Last spring, Westwood members and friends pledged \$84,878 for the good work of our congregation. So far this year, we have received \$71,523 (84%) in current and post-dated cheques. I wish to thank everyone for their contributions so far. I hope that everyone who pledged but hasn't yet provided cheques will be able to keep their commitment to the Westwood community. For those who did not pledge during Canvass for whatever reason, I encourage you to donate in a manner that allows Westwood to give you a tax receipt to reduce your income taxes. I unofficially estimate that your after-tax cost on the first \$200 you donate to all registered charities would be \$150. For each additional \$100 donated, the after-tax cost is \$50. (Disclaimer: I am not an accountant, but this is based on what I learned from recent budgets of the governments of Canada and Alberta.) Two common ways to donate and receive a tax receipt are by cheque or by cash within an envelope with your name on it; these are found in the hymnals on Sunday. Of course, we also would welcome any pledges that come in during the church year from new and old members and friends alike.

Thank you again for your work and financial support of Westwood which helps us to build a more thriving, inclusive, and diverse religious community.

David Deephouse, Treasurer

Social Justice at Westwood

This year, Westwood's social justice project is to focus on what we can do as a community to reduce our carbon footprint. We launched the project in October with Sustainable Sunday when we showed the film "The Story of Stuff" and then put up the storm windows! People were asked to find more sustainable ways to get to church that Sunday – bike, walk, bus, carpool – and many of you did.

In November, we want to create awareness around the importance of buying local food, supporting local farmers and the environmental impact of importing food. So we are hosting Local Fixin's...



Local Fixin's

*A local foods supper
prepared by our local chef,
Miguel*



**Saturday, November 22nd, 5 - 8 p.m.
Seating and welcoming 5:45 p.m.**

**Tickets are \$15 per person \$5 for children 12 and under
Please bring your own plate, cup, napkin and cutlery.**

Interesting presentations about local foods and a silent auction

**Any money raised will be used to launch our fund to "fixin up" our building to
make it more sustainable.**

Tickets available from members of the Social Justice Committee

Silent Auction Items

If you have something you'd like to contribute to the Silent Auction on Nov. 22nd at the LOCAL FIXIN'S supper, please bring it to the church and give it to Elaine Roberts or Christine Watts. Tell us what is a reasonable first bid if you can. It makes it easier for us.

Next Social Justice Committee Meeting

We are meeting on **November 3**, at **7:15 pm** at Edda Loomes' house. We welcome guests and newcomers.



PATHWAYS TO SPIRITUAL COMMUNITY

Belonging to a Spiritual Community Can Add Years to Your Life!

Dan Buettner, author of the Blue Zone, writes about how to live longer. Number 7 caught my eye: *belong to a spiritual community and gather with them regularly*. He calculates people who belong to a faith group have a lower mortality rate by 29%, equivalent to an additional 4 years of life.

As a no kids, no pets, no spouse Unitarian Universalist, my spiritual/ethical community has become really important to me. Along with most of the other tips for living longer, I've adopted #7...

My sense tells that the following factors work together to add longevity and quality of living, for the years that I have. As well, they appeal to my desire for simplicity. Most can be done from home and don't involve expensive equipment.

Here's the author's "Power of 9 Pyramid" which collectively could add up to 10 good years to our life.

1. Add simple activities throughout your day, walk, garden, home repairs, and run around with kids or pets.
2. Try eating off smaller plates to decrease portion sizes/reduce calories.
3. Limit the number of servings of meat you eat each week.
4. Drink a glass or two of red wine most evenings.
5. Know your passions in life and take time to enjoy them, most days.
6. Take quiet time to relieve stress
7. Belong to a spiritual community and gather with them regularly.
8. Make your family and loved ones a priority. Express that through your actions.
9. Surround your self with friends who have healthy habits and support you in your goals.

Interested in more information?

Check out www.bluezones.com to take a vitality compass test. Another neat web source is the World Clock. Try the Life Expectancy calendar there.

<http://www.peterrussell.dreamhosters.com/Odds/WorldClock.php>

And talk to me about membership in the Westwood community, since belonging is a significant measure of being and gathering with your UU "tribe".

Among all the other benefits, we could grow older, together!

Best regards from Sara McEwan, Pathways to Spiritual Community
saraemc@telus.net;

Come sing with us!

Westwood's choir, Harmonia, invites you to join in the fun and fellowship of making beautiful music together. No experience is necessary, in music or in singing (if you have experience, we'd love to have you too). We sing at the Sunday service about once a month and rehearse on Tuesday evenings from 7:15 to 9:00 p.m. Contact Rebecca Patterson for more info.

Have musical talents?

Would you care to share your talent with the congregation? Whatever instrument you play, there is a place for you in the musical life of Westwood (remember *Spirit of Life*, with violin and flute? *Dide Ta Deo* with a couple of drums and hand clapping?) Let me know... we could all make beautiful music together. Contact Rebecca Patterson for more info.

Need to book a room at Westwood?

Phone the office and talk with Susan (our administrator). Or send your request, complete with date, time, and which room/space you wish, via email to info@westwoodunitarian.ca. (Remember, you haven't got it booked until you have confirmation from Susan.) Thank you.

Want to spread the word about an event, fundraiser, activity, etc.?

If you have an announcement to share, whenever possible, please send it into the office to be included in the print version. The deadline is **Friday at 9 a.m.** Please send via e-mail to info@westwoodunitarian.ca or call the office. Our time together on Sundays is short and precious. Thank you for helping keep the timelines for Sunday services on track!

Westwood's Yahoo Discussion Group

<http://groups.yahoo.com/group/WestwoodUnitarian>

An open discussion and announcement list for members and friends of Westwood Unitarian Congregation.

Westwood's Website

www.westwoodunitarian.ca

Surf by and see what's on Westwood's website. Information and updates continue to be added to the website. Make sure to check out Westwood's new organizational guide on-line under "Westwood documents". Here you can find everything from our statement of purpose to how to make coffee on Sunday morning.

We also have a small archive of sermons given at Westwood. If you have given a presentation and are willing to share it on our website, we'd love to hear from you! Thanks.

Canadian Unitarian Council



The Canadian Unitarian Council connects, nurtures and empowers

Canadian Unitarians and Universalists and their congregations, and fosters the growth and outreach of the Unitarian Universalist movement in Canada. See what's happening with the CUC at www.cuc.ca.

Newsletter Policies

Deadline: 15th of the month

The Westwoodian is published monthly, with the exception of the July and August issues which are combined. The deadline for contributions is the 15th of the month.

Members and friends are invited to submit articles of interest to the congregation. Contributions can be e-mailed to westwooduunewsletter@yahoo.ca.

Help Westwood save money and trees by receiving your copy of *The Westwoodian* electronically. If you would like to join (or remove yourself from) our mailing list, please e-mail us.

We welcome any feedback or suggestions to make the newsletter the best it can be. If you have an idea for a feature you would like to see in the newsletter, please let us know.

Who to Contact

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Administrator..... Susan Kraft
Office hours..... Tue 1-3 pm, Fri 10 am – 2 pm

- for any bookings at Westwood
- written Sunday announcements due Friday mornings at 9:00 am

Minister..... Anne Barker
Phone..... 434-5819 ext#1
E-mail..... anne@westwoodunitarian.ca
Office hours..... Wed 9 am – 12, or by arrangement

Board of Trustees 2008-2009

President..... Pamela Brierley
Vice-President..... Mitch Waldon
Treasurer..... David Deephouse
Secretary..... Keith Wiley
Trustees..... Kevin Fitzgerald
Janice Williamson
Terry Anderson
Past-President..... Dean Chan

Other Roles

Building & Grounds... Lindsay McWhirter
Care & Connections.. Virginia Gillese
Chalice Circles..... Carl Ulrich
Anastasia Sydor
Children's Program... Kath Oltsher
Lay Chaplains..... Deidra Helmig
Ros McCue
Library..... Margaret Harris
Membership..... Sara McEwan
Music..... Rebecca Patterson
Newsletter..... Gord Grant
Suzanne Grant
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Social Justice..... Edda Loomes
Bill Woolverton
Sunday Hospitality... Manfred Kalk
Webmaster..... webmaster@westwoodunitarian.ca
Worship Services..... Deidra Helmig

Unitarian Chaplain at U of A.....

Rev. Audrey Brooks

Mark Your Calendar

November 2

New2UU session, after service
UUGuys, 7:00 pm

November 3

Social Justice Meeting, 7:15 pm

November 10

Board meeting, 7:00

November 15

Deadline for December newsletter

November 19

Adult Programming Meeting, 7:30 pm

November 23

Orientation to Westwood, 12:00 pm

November 30

Simplicity Circle, 7:30 pm

The web version of this newsletter does not contain personal phone numbers or addresses. Please check your directory or contact the office. Thank you!

