



# The Westwoodian

Connecting you to Westwood Unitarian Congregation

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[www.westwoodunitarian.ca](http://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.

### March 1 – Credo Sunday

What do you believe? How does that fit with the Seven Principles of Unitarian Universalism? Some have said you can be a UU and not believe in anything. Two Westwoodians will dispel the myths, and show some of the many paths taken on our spiritual journey.

**Speakers:** Owen Brierley, Josephine  
**Service Leader:** Deidra Helmig  
**Musicians:** Cherilyn Michaels, Jacob Ridgway, Amelia Chan

### March 8 – Food for Thought

Local food is more than agri-culture. When we go deeper, seeking the essential elements of nourishment, we find spirit-culture at the very heart. This reflective service precedes our Stewardship Lunch Celebration and Feast on the same day, and sets the stage for Stewardship canvassing of Westwood members and friends in the month of March.

**Speaker:** Anne Barker  
**Service Leader:** Gord Grant  
**Musician:** Steven Bell

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*Living is giving. We live life best as we give our strengths, gifts, and competencies . . . We are called to serve, not survive. Our giving makes a difference in our families, our congregation, our community, and our faith.*

-- adapted from Kennon L. Callahan

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### March 15 – Vernal Equinox Service

The Earth Centered Spirituality Group invites you to a celebration of the coming of Spring and the balance between light and darkness. The ritual will include a blessing of seeds, which will be provided. Feel free to bring your own seeds to be blessed at the service.

**Speakers:** Earth Centred Spirituality Group  
**Service Leader:** Jennifer Froese  
**Musicians:** Harmonia, led by Rebecca Patterson

### March 22 – Entrepreneurship and the Spiritual Path

Spirituality is not just for Sunday, or something necessarily best nurtured at a mountain retreat in meditation. It can also be found everyday in our business aspirations and in making money! Join Mitch and Gord as they explore what it is to be an entrepreneur.

**Speakers:** Mitch Waldon and Gord Grant  
**Service Leaders:** Mitch Waldon and Gord Grant  
**Musician:** Joel Crichton

### March 29 – Losing Faith

Faith is such a touchy subject – Faith in what? Faith in whom? Some refer to “our faith tradition” – but do Unitarian Universalists really even have faith?

**Speaker:** Anne Barker  
**Service Leader:** Linnie Chamberlin  
**Musician:** Beth McColl

## Barker Bits



### **Cultivating a Sustainable Congregation ...**

Marching into Spring ~  
Promise of new shoots poking through the earth ~  
Juicy tender bits of green forming beneath the snow.

As the sun shines brighter and the tree sap warms, our hearts and minds turn to the garden – choosing seeds and their companions, nurturing seedlings for transplant, planning beds and fences and rows. We contemplate which plants have the best chances for success within our given climate and resources, what new arrangements and equipment we might try, perhaps a risky initiative or two – without sacrificing the whole garden, but with the hope of a beautiful or satisfying return.

And so it is with the congregation. Two thirds through the church year, there is still time for an adventure or three, still time to nurture a new relationship or take a chance on leading a service. Perhaps you will risk comfort for a few moments, and light that first candle ... sing that solo into friendly welcoming ears ... attend a new circle or supper or class.

At this time of year, we celebrate what has been working, contemplate what we might add to the mix and begin the planning for next year's garden. Observing what works, we feed on-going initiatives like worship and children's religious education. Seeing our challenges – like the need to nurture new lay chaplains and a new office administrator – we prepare to invest some extra time and care. Entertaining risk, we find ourselves asking *'which creative space option will help us keep growing together?'*

The garden is in our hands ... planted ... nurtured ... harvested ... cultivated entirely out of loving energy, generous contributions and moments of natural grace. And so we focus on sustainability, each of us asking *'how may I contribute, so that I support both the present and the future?'* We reflect on our place in the garden – in the congregation – and plan together so that we might continue to feed the bodies, minds and spirits of our church and our world communities.

In love,  
Anne Barker

### **Westwood Leadership Summit ...** *the minister's reflection ...*

On January 31<sup>st</sup>, many of our congregational leaders gathered together and shared their bountiful gifts with one another. Each one named specific reasons they are connected to Westwood – the community ... the music ... the opportunity to serve ... the work ... the promise of change and justice for our world. We shared our beginnings, our struggles, our dreams and our commitments with one another. And we ate (of course!) .... And we cried ... And we learned things about how we are together ... And we came closer to one another's hearts.

It was not the most technically efficient of days. We did not paint the office or write policy or plan the next ten years. There was some time for thinking about what matters, and some time for completing smaller tasks. But primarily, over the course of a morning, we observed a microcosm of Westwood's membership – remembered the essentials which serve as our glue – and reaffirmed that, even though we are flawed and sometimes messy, there is a strong, beautiful and courageous heart that beats at Westwood's core.

## Upcoming Events

Save the Date...

### Service of Ordination For Anne Barker

Speaker: Reverend David Bumbaugh  
of Meadville Lombard Theological School

**2:00 pm Saturday April 18 2009**

~  
Reception to follow

Unitarian Congregation of Saskatoon  
213 – 2<sup>nd</sup> Street East  
Saskatoon, Saskatchewan  
Billeting is available

*For more information contact:  
[anne@westwoodunitarian.ca](mailto:anne@westwoodunitarian.ca)*

## Worship Planning Workshop

**Sunday March 22, 12:30-2:30**

Worship at Westwood is a vital part of this community. New to Westwood this year, is the support of our amazing new minister, Anne Barker. However, we are still very much a lay led congregation. We are looking for YOUR ideas for worship services for the 2009/2010 church year. Please join us at this afternoon workshop to discuss your ideas for Westwood's worship. As well, we'll spend a bit of time talking about Winter Solstice – we'd like to hear your opinions and feelings about the 2008 service at City Hall and what you would like to see for the future of Westwood's Winter Solstice service. A light lunch will be provided (from noon until 12:30), as well as child care.

If you are unable to attend the workshop but still have an idea to share, please fill out a form (attached at the back of the newsletter) and give us a brief explanation of your worship ideas.

## Simplicity Circle

**March 29, 7:30-9 PM at Westwood**

In past Simplicity Circles, parents have expressed dismay at finding their children and extended families reacting with disapproval to their efforts to escape the excesses of consumerism - obviously by buying less. For example, their proposal to escape spending money on cards and gifts (weddings, birthdays, anniversaries, Christmas) are received as hurtful or ungenerous. Explanations like sparing the environment, escaping materialism, or re-spiritualizing our celebrations of special occasions fail to convince.

At our March 29th Simplicity Circle, we want to revisit these stories of good intentions badly received. Bring your stories, your frustrations, your pain; and, hopefully, we can find some solutions. What strategies have you employed to "sell" simplicity to your children, your friends, your extended families, whether around gift exchanges or more generally? What has worked? What has not?

Everyone welcome. Contact Fabian or Linda Jennings, or Sara McEwan if you have any questions or comments in advance.

## Child Haven International 7<sup>th</sup> Annual Dinner & Silent Auction



**6:00 – 10:00 pm**  
**Saturday, March 14, 2009**  
**Maharajah Banquet Hall,**  
**9257 - 34A Avenue**

- Delicious East Indian buffet
- Auction and sales items, local & exotic
- Child Haven slide show by Bonnie & Fred Cappuccino

Admission just \$30, children under 12 free (*Reserve now as no tickets are sold at the door*). Contact Leigh Bornn

See [www.childhaven.ca](http://www.childhaven.ca) for details of the remarkable Child Haven story.

Thinking about Chalice Circles...  
but just not sure?  
Interested in Unitarian Universalism?  
Looking to meet people?  
Tea with the minister?

*How about trying ...*

**"Welcome Circles"**

**A Drop-In Chalice Circle  
at the Minister's House**

7:00 to 9:00 pm  
2<sup>nd</sup> and 4<sup>th</sup> Wednesday Evenings

March 11: 1<sup>st</sup> Principle  
March 25: 2<sup>nd</sup> Principle

*RSVP appreciated ... but not necessary  
780-434-5819 or [anne@westwoodunitarian.ca](mailto:anne@westwoodunitarian.ca)*

**PATHWAYS TO SPIRITUAL  
COMMUNITY**

**An Invitation to an Orientation to  
Westwood**

**Sunday April 5, 2009  
Noon – 3:00 p.m.  
(following the worship service)**

CONVERSATIONS & consideration  
of your spiritual journey;

OVERVIEW of UU principles & Westwood core  
programs; Social Action ~ Children & Youth  
Religious Education

REWARDS & responsibilities  
of friendship & membership.

A light LUNCH is provided. Child care is provided.  
For more information, contact Sara McEwan  
[pathways@westwoodunitarian.ca](mailto:pathways@westwoodunitarian.ca)

***"Get a good sense about  
what defines & is unique  
about UU & Westwood"***

**Paganism 101 (Part 1)**

Adult Programming is again hosting this program developed by Louise Bunn of the Unitarian Church of Vancouver. Many of us are interested in earth centred spirituality. At Westwood, solstice and equinox celebrations are the most popular recognition of this. Additional ritual gatherings at other points in the cycle of the year are recognized by many of us.

This course will deepen your knowledge and experience of ritual practice. As before (this was offered in 2003), we have asked a local pagan with decades of practice to lead us deeper, within our Unitarian context. Everyone, whether you have little or lots of experience of earth centred spirituality is welcome.

When: 4 Thursdays: March 12, 19, April 2, 9, from 7:00 -9:00 pm.

Where: Westwood, downstairs.

Cost: \$20.00. This covers resource material and paying our facilitator. There is flexibility if cost is a concern, or you can't attend all sessions. A copy of the curriculum can be purchased if you are interested but unable to attend.

Note: This is Part 1 of the 9 session Paganism 101 curriculum. Part 2 will take place in the fall. Content bridging for those who did and did not attend Part 1 will be planned.

Adult Programming coordinators: Linda Jennings and Melissa Henderson. Talk to either of us if you have any questions. Melissa is coordinating registration.

Hope you join us!

**UUGuys**

**Sunday, March 1, 7 – 9 pm at the church**

Westwood's men's group UUGuys will meet Sunday, March 1, from 7-9 pm. After our check-in, each of us will talk about "my greatest joys". Newcomers are always welcome.

## Stewardship: *Cultivating a Sustainable Congregation*

### *Stewardship Stories*

#### **From You I Receive, To You I Give**

I became a member at Westwood twelve years ago thanks to my sister, Lorian Kennedy, who had long been a Westwood member. It was the upheaval in health care at that time (1996) that brought me here. My job was threatened, I was the sole provider for my two children and I needed some firm ground to stand on even if my work disappeared.



As it happened I moved into a position as nurse manager and needed to be able to sustain not only myself and my family but my staff through the constant change of the next 10 years. My UU faith has been a valuable resource for me in both my personal and work life.

I believe that our UU principles and our UU organizations dedicated to making them come alive are the best hope for our world. I need sustenance every week to continue to understand what they mean, and to maintain hope.

Westwood had about 35 members when I joined and it clearly was not a “spectator sport”. I jumped into the worship committee and enjoyed the creativity it required, very different from my day-to-day work.

The freedoms we enjoy in our non-patriarchal UU faith come with a lot of responsibility. We are all called to be stewards of our faith and our Westwood community. A definition of stewardship I like is “using all we have been blessed with wisely and with care”.

A few years ago I heard a women speak at a service at the Unitarian Church of Calgary when she explained how she intentionally made use of her financial resources. She aimed to donate a tenth of her income (a tithe) and gave 40% of this to the church and 60% to other charities (or it might have been the reverse). I realize that her message stayed with me and that is now what I am able to do. I plan a year at a time in the context of my whole financial picture and donate approximately 10% -- of this 50% goes to the church and 50% to other charities which I select intentionally. I consider these to be investments which have an enduring benefit, a better bet than some other kinds of investments, especially these days.

I try to be intentional as well in how to invest my time. Westwood has been high on my list as a rewarding place to contribute my time and I have served on the Board for 6 years, chaired Internship committees and the Membership committee, helped initiate Chalice circles, co-led Winter Solstice Services, served on the Long Range Planning, Social Justice and Adult RE committees and now the Stewardship team. Over the years of volunteer commitment I have come to appreciate more and more the value of a professional minister and so strongly support Westwood taking the step of hiring Anne Barker.

I invest in Westwood trusting that all of us who choose to be part of Westwood act as stewards and generously give our time and money as we are able. “From you I receive, to you I give” is the miracle of community.

Allison Akgungor

## March is Stewardship Canvass

Canvass is when all members and friends are asked to determine their contributions of Time, Talent and Treasure in the coming year. (A friend is anyone who chooses to be listed in our directory but is not a member.) This is an opportunity to identify areas of volunteer interest and financial pledges. Our Stewardship Canvass will occur March 8-29 involving all our members and friends in a chance to reflect on how we will be stewards of Westwood.

## Stewardship Celebration & Feast!

Please plan to join us for our tradition of a delicious Stewardship Celebration and Feast on **March 8** following Sunday worship. No canvassing will occur on this day, just a celebration of our community. Visitors welcome! Bring a friend! The only contribution you need to make is your presence.

## Changes to Canvassing

Three new additions to canvassing:

1. In addition to our usual method of canvassing in which individual meetings with a canvasser are scheduled, you can choose to be canvassed in a small group after Sunday services, or you can be self-canvassed.
2. There is a new option of pre-authorized electronic withdrawal.
3. Our annual volunteer survey is designed to be done electronically, in addition to the traditional hardcopy form (you will be emailed this in March).

A canvasser will contact you to facilitate your canvass process and to answer your questions. If you have any questions or would like to let us know your preference, please email us: [stewardship@westwoodunitarian.ca](mailto:stewardship@westwoodunitarian.ca).

## Canvasser Orientation

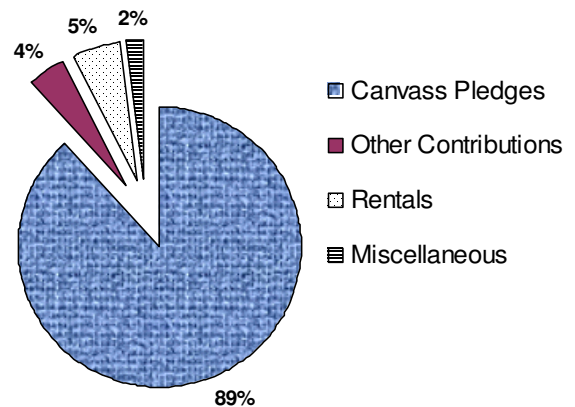
Canvasser orientation is after the Sunday Service on **March 1st** with fun and lunch provided (courtesy of Miguel!). Contact Gord at [stewardship@westwoodunitarian.ca](mailto:stewardship@westwoodunitarian.ca) if you are interested in being part of the canvass team.

## Making Sense of Westwood's Budget

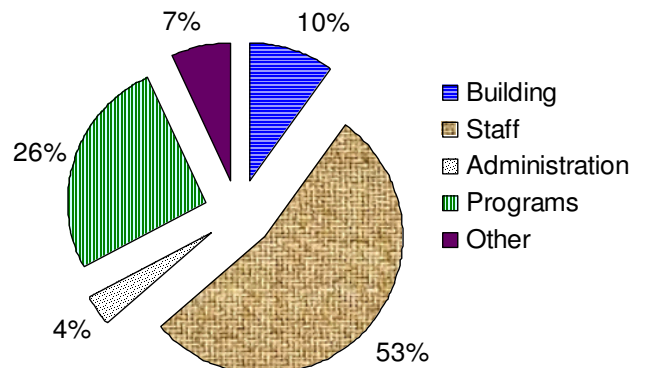
Whether you are a first time visitor, a prospective member, or have been involved at Westwood for awhile, we welcome your interest in our stewardship responsibilities and what makes Westwood tick financially. Westwood depends almost entirely on the support, financial and otherwise, of its members and friends, so it's important to know a few useful facts. Please take a few minutes to look through this information and don't hesitate to contact us with any questions.

Our financial year runs from July 1 to June 30. In 2009 - 2010 the board is proposing a balanced budget of **\$114,030**, where revenue equals expenses.

### Budgeted Revenue



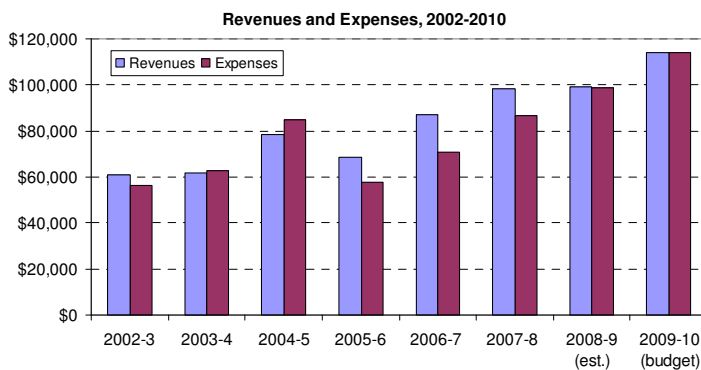
### Budgeted Expenses



## Where the Money Goes

Westwood's main expense is 53% of the budget for staff (39% minister, 10% administrator, 3.8% children's program coordinators), followed by 26% for programs (worship services, choir, children's education, etc.), 10% for building-related costs (utilities, janitorial, paint, etc.), 7% for other expenses such as denominational fees, and 4% for administrative expenses (copying, telephone, etc.).

## Westwood Budget Trends



Westwood's budgets have been increasing over the past few years, due to increases in programming and professional assistance. In two of the last five years, expenses exceeded revenues. Over the years our growing congregation has evolved to embrace the paid services of an administrator, children's program coordinators, a choir accompanist and most recently a professional minister. These professional services represent our largest expense and are key to fulfilling our vision of a thriving, growing, and enduring community.

## How Much to Contribute?

Our 2009 – 2010 financial objective is to operate with a balanced budget. In order to achieve this goal the average cost per member will be \$1093 (\$99,486 from 91 members). Of course, this is an average amount per member – some give more, some less, depending on circumstances. Some give as much as 10% of their annual income.

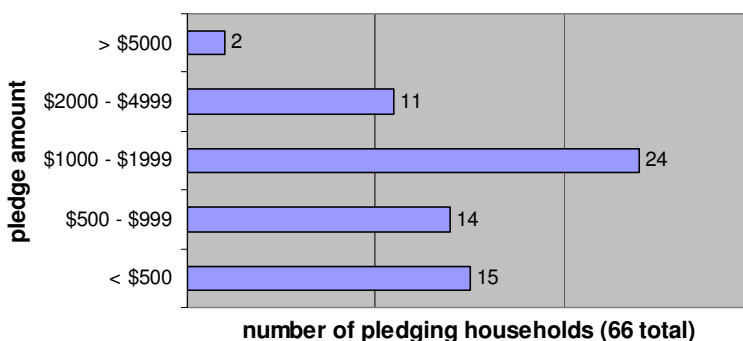
Remember that tax credits reduce the actual cost to you by 50%. Please consider Westwood's enduring value in your life as you decide how best to be a steward of Westwood. We value your presence among us. We have no pre-determined requirements – the choice of how generous to be is yours.

No contribution is too big or too small.

## Generous Sensible Contributions

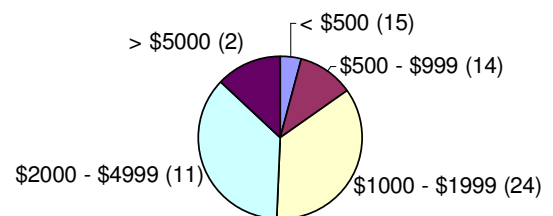
Westwood members and friends contribute to the life of the congregation in many ways, with gifts of time and talents being foremost among them. Members and friends support Westwood financially as well, usually by means of monthly pledges, but also including Sunday offerings and special donations. We honour and appreciate all forms of contribution and recognize that individual and family circumstances affect the time and financial support available in a given year.

Financial Contributions to Westwood (2008 - 2009)

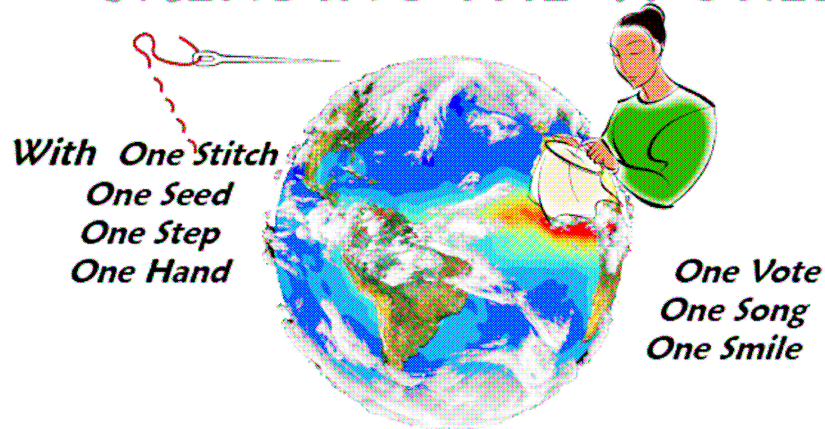


Proportion of Financial Contributions to Westwood by Pledge Amount (2008 - 2009)

(number of pledging households in parentheses)



# Women MENDING THE WORLD



*... at a Time*

## the 23rd Women's Gathering

at

St. Michaels Retreat Centre  
Lumsden, Saskatchewan

**June 26 – 28, 2009**

**This is an annual event for women to come together, to celebrate, empower, create, relax, meditate, play, honour our lives and our contributions to mending the world.**

Registration Fee: \$50.00

Weekend Accommodation including meals: \$191.00

Registration deadline: June 10th

Registration brochures available on [www.ucsaskatoon.org](http://www.ucsaskatoon.org) (Related sites)

For further info or to register contact:

Registrar: tessera nova

[ucs.office@sasktel.net](mailto:ucs.office@sasktel.net)

306-653-2402

213-2nd Street East

Saskatoon, SK S7H 1N5

**\*2009 – The 80<sup>th</sup> Year of Women as Persons**

## Musings of a Grateful Lay Chaplain

On January 27<sup>th</sup>, I officially retired my “ministerial number” which had legally permitted me to perform marriages. I had been a Lay Chaplain for over three years. My actual commitment to the congregation had ended in October. However, I continued on hoping for one last opportunity to perform a marriage, facilitate a memorial service - anything, before leaving my post. Just one last time! You see, there is an addictive quality to this profession!

Before I continue, I want to thank the members of the Westwood Congregation for placing their trust and confidence in me. Thank you for this life changing opportunity. I feel that I served you well and represented Westwood honourably and responsibly out in the larger community. I carry fond memories, but have learned that it is important to know when to walk away. It is only by leaving an open space that another worthy person will appear to fill it. I can honestly say that whoever steps up to bat will have the ride of a lifetime!

As a Lay Chaplain, I explored the inner sanctums of my being. I reflected on childhood and adult memories surrounding death. I came to realize that my upbringing had provided me with the wherewithal to be comfortably present with those who were grieving. I also came to realize that death has many faces and more often than not it carries an energy of discomfort and unease. This has inspired me to develop a workshop experience entitled “Embrace Death and Get On With Living”. This project is a work in progress which I hope will be useful to the larger community when completed. It is such an intimate experience to sit with a family as they cry and laugh, reminiscing about the one who has gone on before. To be privy to the family arguments about who this person truly was and how they should be represented at their memorial, that was the challenge for me as a Lay Chaplain. I saw my role as providing that comforting and calming centre in the eye of the grieving storm. To facilitate an often overwhelming process for the family and create a beautiful, coherent ritual to celebrate the life of their loved one. I loved doing this. I loved being there for them and I loved researching and trying to put together just the right words, observances and rituals which would reflect and express their needs and beliefs.

Facilitating memorials taught me that this common human experience transcends all belief systems about death - all individual differences. There is a pervading energy that connects the hearts and souls of all who are present in a community that is grieving. It even profoundly affects those who are involved peripherally. This is where you experience the transcendental energy of love. I recall a memorial service where many of the attendees were fundamentalist Christians. The celebration itself made no mention of anything resembling Christianity and yet individuals approached me afterwards expressing that they had felt that I was speaking directly to them, touching their hearts. At another celebration, I spoke English while the others felt more comfortable speaking their mother tongue and so we proceeded. I can honestly say that there was nothing “lost in the translation” as we mutually connected on an energetic level of love, caring and support.

I facilitated numerous weddings, child dedications, and memorials over the three years. So many amazing encounters and memories. So many opportunities to grow as a Spiritual Being on this Earth Walk. So many awesome and magical stories and insights - too many for a small newsletter column. However, I hope that those of you who do read this will feel my awe and gratitude for being given the opportunity to be your Lay Chaplain. Perhaps, some of you may be inspired to step into the breach and experience the magic for yourselves! I truly mean this!

Once I'm settled into my new home at the Borealis Eco - Community, I plan to continue as a Celebrant. I did say that it is addictive! Creating ritual for life passages has become my passion and much of the credit goes to you.

I send you my love and wish you the best in all your endeavours. May we meet again.

Ros McCue

## NEW! “Kids Korner” and “Youth Matters”

The children and youth of Westwood represent a large and vital proportion of our congregation. We are not just a congregation of 91 members and 50 friends – indeed, we are a thriving congregation of about 180, including the children and youth who regularly come to our services and other events at Westwood!

This new section is a newsletter within a newsletter by the children and youth of Westwood. Children and youth are invited to make this section their own! Contribute your ideas, your art, or tell the congregation what is happening in your lives at Westwood and beyond. Use it as a way to communicate to other children and youth and to the congregation as a whole. Please submit contributions by the 15<sup>th</sup> of each month for next month’s publication, to our newsletter editors Gord and Suzanne Grant at [westwooduunewsletter@yahoo.ca](mailto:westwooduunewsletter@yahoo.ca).

### Kids Korner

Here’s what the Westwood kids group (ages 4-11) had to say about what church means to them:

Fun Like it when there is cake  
A full day Smiles/laughing  
Hope Like tea & coffee time  
Playing Singing  
Like lighting candles Games  
Noisy - upstairs and downstairs Learning  
Boring while waiting for Sunday school to start!

### Youth Matters

#### I Can Wear Hats in Church!

*The following reflection was presented at the worship service on February 8<sup>th</sup>, and is re-printed here. Three Westwoodians presented their personal stories to answer the question, WHO ARE WE? This occasion was facilitated by Canadian Unitarian Council who invited congregations across the country to engage in a dialogue about our national identity as Unitarian Universalists.*

I became a Unitarian Universalist mainly due to my father. He came to Westwood a couple of years ago, and I came to because I got to listen to stories about gay penguins and light candles and talk about myself, so it was pretty awesome. After I learned about what being a Unitarian Universalist was really about, I liked it all the more. It was one of the first religion/ community/ whatever you wish to call it, I was introduced to that I could be friends with anyone I liked, without having to say my friends were going to a “bad place” plus I could swear! I love being a Unitarian Universalist because it gives me so much freedom. I also get to go to cons. They are a gathering of Unitarian Universalist youth (usually very large gathering) where they get no sleep, run around playing games, going to youth worships, and discussing things about being a Unitarian Universalist like how to bridge the gap between being a UU youth to being an UU adult. Usually they are more fun than an amusement park! When I am asked what is a Unitarian Universalist, which I am always ask right after I tell someone I’m a Unitarian Universalist. Mind you who isn’t? I could go on for three or more hours about what it is, but I usually sum it up by saying, “we believe everyone is equal, every religion is right in their own way, we also stand up for people and their rights, like gay marriage; coffee and tea are a major part of us and we really like candles!” I pretty much love all the aspects of being a Unitarian Universalist, the freedom, the sense when I go on marches I actually doing something, the love of candles, more specifically fire in my case (I’m 17 what do you expect?). The fact that I can’t really do anything against my

religion, and I can wear hats in church! Being a Unitarian Universalist makes me feel safe, free and hopeful and that's something no one can take away from me. To this day I will forever be proud to call myself a Unitarian Universalist. There is a joke going around the when someone asks a Unitarian Universalist what a UU is, they have an interpretive dance to explain it. And I do! I got and 80% for it when I performed it in my dance class.

Ainsly M.  
Westwood Youth Group

## **Oxfam Fundraiser a Success!**

Dear Westwoodians,

On February 15, 2009, we had an amazing bake sale hosted by the Youth Group. It was such a success! We thank you for donating so much - we really appreciate it. A couple weeks ago the Youth Group really wanted to do something to fundraise for an organization and we chose Oxfam. Oxfam works against poverty and injustice in over 100 countries around the world. We raised \$296.47! Thank you to all of you who bought our goodies and supported a great cause.

The Westwood Youth Group

## **The Fast and the Feast**

I am going to tell you about my experience last year fasting to raise money for Oxfam at the Westwood congregation. Fasting is an amazing insight into a life unlike the one of luxury we lead. It's a chance to feel something felt by people around the world now and for thousands of generations before us. As a person living in North America with a huge food supply, I had never gone a day without food in my life -- before my first fast!

This first fast was last year with the Westwood youth group. During the 10 - 36 hour fast (youth fasted for different lengths of time -- it was up to us), we got the chance to do some activities like those that would be done every day in a third world country. Over the duration of ten hours at our church, we ground grain to

eat (with rocks), we hand-washed clothes, and we carried boxes of assorted items on our heads. What's more, we even got to learn a bit of Kung Fu (which had nothing to do with the lives of people in Africa). Something that I noticed during the fast was how in the first four or five hours I was really hungry, but as the day went on, my hunger dulled and became less noticeable. The fact that I got to fast with some of my youth group friends probably helped to keep the hunger away.

Fasting among fasters is one thing. What about fasting among feasters? India is home to some of the the richest people in the world. It's also home to some of the poorest. While there are people living in huge mansions, eating as much as they want, of whatever they want, there are people living on the streets, begging and eating anything they can find that's edible.

I had a chance to see how this felt when we started to plan for our next fast. The recently planned joint fast of Westwood and UCE youth for February 21st conflicted with the date of a fund-raising banquet for my Kung Fu club where I was to perform (and eat lots!). Timing made it so that I would have to choose one or the other. Then I realized that it is possible to do both. I could simply start my fast in the day as planned, go to the banquet and do the pre-feast performance, and then while everyone else was chowing down, I would just slip out and go to the fast with my fellow youth at Westwood. I would get to have hunger gnawing at my stomach for hours knowing that back at the Kung Fu banquet, my club mates would be eating their fill. I would miss my feast! Then unexpectedly, the dates changed and the the fast and the feast no longer collided. I will be able to go to the feast after all. In a weird sort of way I wish plans had stayed the same -- I wanted to experience fasting among feasters.

Anyhow, I'm still really looking forwards to the upcoming fast planned for Westwood and UCE youth. Make sure to watch for updates on when this will be!

Josephine J.G.  
Westwood Youth Group

### Office Administrator Position Available

As many of you know, Susan Kraft has tendered her resignation after 10+ years as our faithful Office Administrator. We truly appreciate her dedication and professionalism. She will be missed by all.

Our congregation is actively seeking a replacement for Susan. This search includes an invitation to our own Friends and Members. The position entails approximately 10 hours paid work per week at the Westwood facility, with some flexibility as to hours. The position requires a competent knowledge of database, spreadsheet, bookkeeping and word processing applications. As the public face of Westwood the position also requires excellent oral and written communication skills. As a position with access to confidential material, the successful candidate must be bondable and be willing to have a police reference check.

If you are interested in applying for the position of part-time Office Administrator or would like more information, please contact Colette Orioux by e-mail at [coletteorieux@shaw.ca](mailto:coletteorieux@shaw.ca). Applications, including a resume, should be submitted by **March 1, 2009**.

### New Congregational Directory Out

A new Winter 2009 Congregational Directory has been circulated by email to all members and friends listed in the directory. Hard copies will be mailed to those without email. If you did not receive a copy, check in with the Office Administrator, [info@westwoodunitarian.ca](mailto:info@westwoodunitarian.ca) or phone 780-434-5819.

### Borrowing Unitarian Universalist Books

Westwood has a small selection of Unitarian Universalist (UU) related books, in the cabinet on the east wall of the sanctuary. Everyone is welcome to browse and/or borrow from Westwood's library. Check it out after a Sunday service and a volunteer will be happy to assist you.

In 2007, the Canadian Unitarian Council (CUC) started the CUC Book Ministry. The books in this collection are mainly published by the Beacon Press or Skinner House Books, both UU publishing houses at the UUA headquarters in Boston. There are a few other presses represented, such as the Alban Institute, as well as some UU congregations which have published books of UU interest.

The western CUC Book Ministry collection is in Edmonton, at the Unitarian Church of Edmonton. While UUs across western Canada can have books from this collection shipped to them, people in Edmonton have the opportunity to browse and borrow locally.

Robert E. Brundin is the Western Regional Librarian volunteer, and coordinates the western CUC Book Ministry. There is an online listing of the books in the collection, along with more information on the details of borrowing these materials.

<http://www.uce.ca/denomination/bookministry.htm> and linked on Westwood's website: <http://www.westwoodunitarian.ca/links.htm>

### Westwood's Collection of Stories for All Ages

Westwood has a large collection of around 300 children's books (i.e. stories for all ages) available for members and friends to borrow. If you would like to sign out some of your favourites, please see Kath Oltsher.

## Lay Chaplain Positions Open

There are many rewards in being a Lay Chaplain (see p. 9). Have you been thinking about becoming a Lay Chaplain? The Lay Chaplaincy Committee invites you to apply for this position which serves Westwood and our community through providing services to mark momentous occasions in peoples' lives. If you are interested, please submit a current resume, and letter of interest to the Lay Chaplaincy Committee by **April 15**. Email this to: [sburwash@ualberta.ca](mailto:sburwash@ualberta.ca) or via mail to the Westwood Office. Both of our recently "retired" Lay Chaplains (Ros McCue and Deidra Helmig) have indicated they'd be happy to chat with anyone who is interested in becoming a Lay Chaplain. Please contact them if you'd like to have a better feel for the work.

Susan Burwash  
Chair, Lay Chaplaincy Committee

## Building & Grounds Coordinator

Many people, including members and people who have visited or use our building on a rental basis, have commented on the wonderful feeling and energy that surrounds our physical place. How our building feels, and how we maintain it, is a part of what Westwood is, and how we present ourselves to the wider community. For the last while, Westwood has been without a coordinated team looking out for the ongoing maintenance. This sort of effort and planning are really needed to keep our building at its best. Thankfully, a number of self starting individuals at Westwood have stepped in to fill the gap. A very large share of the routine work of keeping things going has been done by Lindsay McWhirter and Oscar Zawalsky. Thank you both for your generous stewardship! And thank you everyone else whose hands have been sustaining Westwood's building and grounds.

Our board continues to struggle with ongoing maintenance and longer term planning in this critical area. Our vice president, Mitch Waldon, is seeking a Building and Grounds Coordinator. This person would coordinate, but not necessarily do, the building and grounds maintenance.

If you are interested in this position or in being part of the team that will care for our precious space, email Mitch at [buildingandgrounds@westwoodunitarian.ca](mailto:buildingandgrounds@westwoodunitarian.ca).

## Looking for Happiness? New Study Says to Give Your Money Away

Money can't buy you happiness, but spending it on others can, according to a new study published in *Science* by researchers at UBC and Harvard Business School (Dunn, E.W.; Akin, L.B.; Norton M.I. *Science* 319:1687, 2008). Firstly, participants reported their annual income and estimated what they spend in a typical month on a) bills and expenses, b) gifts for themselves, c) gifts for others, and d) donations to charity. People who donated or spent more earned money on others reported greater happiness than those who emphasized personal spending. Then participants were randomly assigned to spend \$5 or \$20 on a gift or charitable donation, or on a bill, expense, or personal item. Guess what? Those who spent the money on others experienced more happiness than those who spent it on themselves! It is surprising that even such minor alterations in spending led to nontrivial gains in happiness. If this is true, why don't more people make these changes? According to the study's authors, it is a conventional belief that personal spending brings more happiness than charitable spending, and that a link exists between more money and greater happiness. In fact, a large body of evidence has shown that higher income has a surprisingly weak effect on happiness, especially once basic needs are met.

It seems to me that frame through which our culture projects is one of scarcity – that there is not enough to go around. This type of thinking promotes fear and a desire to accumulate more and hold on to what you have. I notice when I become caught up in this thinking I lose sight of the abundance all around and I forgo opportunities to enrich my life through generosity. We don't need science to prove that giving money to worthy recipients promotes happiness – anyone who has experienced the joy of giving will attest to it!

Suzanne Grant (Editors' Choice)



## PATHWAYS TO SPIRITUAL COMMUNITY

### Words from Some Great Unitarians on Becoming a Member

(Excerpts & edits from a UUA brochure of the same name)

The simple act of signing your name in the membership book can be a deeply significant decision. Becoming a member not only enables you to participate in congregational votes but can also express a personal commitment to sharing your talents, your resources and your energy with others in a quest that is spiritual as well as practical, personal as well as social, individual as well as institutional.

Unitarian Universalism challenges you to consider how your beliefs about human nature, evolution, and divine revelation affect your attitude toward yourself and others, and how those beliefs influence what you do.

*Perhaps you have been looking for a church where your:*

***Doubts are not ridiculed.  
Guilts are lightened.  
Griefs are comforted.  
Joys are celebrated.  
Children are taught all religions.  
Talents are nurtured.  
Concerns are shared.  
Reason is honoured.  
Friendships are deepened.  
Love of art and beauty is expanded.  
Need to serve others is fostered.  
Need to laugh is encouraged.  
Individual decision is treasured.***

*Then you have been looking for a UU congregation like Westwood.*

Joining essentially means three things:

- You are in fundamental sympathy with the principles of freedom and reason in religion and life. This is a basis for our creedless church.
- You commit yourself to the importance of an organized congregation. Ideas and ideals must have a vehicle, and embodiment in the world. People who think and work together for the values in which they believe have a better chance of achieving than people who do not.
- You accept the responsibilities that go with membership in any human community. Within the limits of your ability and in line with your personal choice, you are ready to give energy, time, money, and best thought to the furthering of the ideas you prize.

**Why not consider membership at Westwood as three steps forward on your spiritual journey?**

**Complete a membership application on the information table at the back of the church.**

**Following confirmation by the Board, sign the membership book.**

**At a Sunday Service, enjoy Westwoodians celebrating your commitment.**

**I'd be pleased to hear your interests about membership.**

**Best regards from Sara McEwan: [pathways@westwoodunitarian.ca](mailto:pathways@westwoodunitarian.ca)**

## Social Justice at Westwood

### Introducing the Greater Edmonton Alliance (GEA)

What is it?

- A social justice organization which works to connect, train, and organize the communities of Greater Edmonton across religious, labour and ethnic lines.
- The primary goal is to develop local leadership and organize power to work for the common good. Issues are chosen by the 35 dues-paying member organizations.

The idea of Westwood's local foods dinner came from GEA: three Westwood members attended a GEA local foods dinner at Ebenezer United Church and this inspired our social justice committee to have one ourselves.

About 25 Westwood members and friends participated in a GEA-organized event when we gathered with 525 others at City Hall public hearings on planning and agricultural land use. GEA speakers highlighted the need for a Food Strategy for the City of Edmonton. Carl Ulrich spoke at the hearing representing the Westwood Social Justice Committee.

Current GEA Issues:

- affordable housing
- seniors' and long term care
- saving local prime farm land
- sustainable jobs to reduce our carbon footprint

So what?

In 2002 and again in 2008 the Social Justice Committee surveyed the congregation to get direction for action. Homelessness and poverty emerged as issues important to members and friends. However, Westwood is too small to have much impact on such huge local issues. Working with GEA would give us an opportunity to address them in concert with many others.

GEA offers leadership training; training to listen to each other, develop relationships, identify

concerns and plan for action. The committee believes this could strengthen and enrich our congregation. Some members attended a training event in February, as visitors.

You'll be hearing more from us about GEA in the coming weeks and months.

The Social Justice Committee

## Green Corner

### Year-Round Cycling Can be Fun



By Christine Watts

Winter is one of the most beneficial times to cycle. Unlike cars, you don't have to scrape them off or heat them up or wonder if they will start. If you fall from your bike in the winter it is less likely you will get hurt because of all the padding you are wearing and there won't be any bare pavement to scrape. The worst traffic jams and car accidents are in the winter so that is a good time to avoid driving.

The only problem with cycling in the winter is cars. This can largely be avoided by going on bike lanes, side streets and sidewalks. If you are driving and see a cyclist in the winter and think they must be cold and miserable, think again. You are probably colder than they are and they are having more fun. Cycling on packed snow can be as pleasurable and rewarding as cross country skiing.

And finally, don't assume those cyclists hidden behind scarves and hoods are young and fit men. I am a 47 year old woman and I cycle year around.

**Bonus tip:** I love to wear leather gloves when I am cycling. They give me good grip and if I fall at least my hands won't get scraped. But I am absent minded and often lose my gloves. I never throw away a glove because it's missing its mate. I simply use any other glove I have on hand. We don't have to be bilaterally symmetrical. The same with mittens and socks.

## Missing Social Justice Banner

The banner of Social Justice has disappeared. It was last seen at the Gay Pride Parade in June of 2008. It is not at Westwood. Does anybody know where it is? Oscar put a lot of work into creating the banner and would like to know what has happened to it. Thanks!

The next Social Justice meeting will be on **Wednesday March 4<sup>th</sup> at 7:15 pm**. Anyone interested in social justice is welcome. Please talk to a member of the social justice committee for more details.

## Board News

### Splinters from the Board

By Keith Wiley, Board Secretary

#### Budget Issues

A growing budget for next year was top on the agenda at the February 2009 meeting of the Westwood Board of Trustees. We approved a larger budget with a new higher fundraising target. Although most committees asked for only small budget increases, or no increases, the Board put in a special religious education initiative category to allow for expansion of our children's or adult religious education programs. **We are also targeting the elimination of our lingering deficit with this budget.** More will be coming up on the budget with the kick off in March of our fundraising campaign.

#### New Administrator Search

After ten years as the dedicated administrator at Westwood, Susan Kraft is moving on to new challenges and a new job. Susan is kindly staying on until April to help with orientation and transition to a new administrator. Colette Orioux has kindly offered to head up the administrator search process and the Board is beginning advertising – both inside and outside

the congregation – for a new person. See the notice on p. 12 in this newsletter.

#### Staff Supervision Models

The Board is also looking at different models of supervision of our staff to allow for more consistency of contact and direction. One option we are considering is to ask our Minister Anne Barker to take over staff supervision.

#### Leadership Summit Discussion

We also talked about the "Leadership Summit" we held on Saturday, January 31. Some concerns had been raised that the summit had not been the expected 'nuts-n-bolts' meeting about important church activities. Anne Barker's report on the meeting showed it had provided lots of useful information.

#### Upcoming Board of Trustee Nominations

Our loyal Treasurer David Deephouse, not only supervised crafting of our draft budget, but is also sitting on the Nominating Committee for the Board of Trustees for next year. A quick canvass of the Board shows that most current members will continue on another year, including Pam Brierley as President, Mitch Waldon as Vice President. Terry Anderson and Kevin Fitzgerald also said they are staying on for another year as Board members. Keith Wiley is leaving after a two-year term, and Janice Williamson has indicated she needs to withdraw from Board activities for this year. David Deephouse is also leaving the Board after FOUR years as Treasurer. We are particularly looking for someone to take on the Treasurer duties. David Deephouse and Dennis Foth are the nominating committee. Westwood members who have an interest in serving on the Board can speak with David or Dennis, or with any Board member.

#### Board Meetings are Open

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 March 9 at 7:00 pm**.

## Treasurer's Notes



### What the Treasurer Does - and Doesn't - Do

In December 2008 newsletter, I departed from reporting on Westwood's financial activities to discuss the nature of being a treasurer and trustee of Westwood. I wrote: "the role of Westwood's treasurer involves planning, storytelling, learning, being relied upon, and expressing and communicating our values." Some folks suggested that I follow up with a description of what I do and perhaps more importantly, what I don't do.

The treasurer is not the bookkeeper or the accountant. S/he often reviews and signs cheques prepared by the bookkeeper. This task is shared with the president, vice-president, and secretary. The treasurer also reviews and simplifies financial statements, which the bookkeeper prepares using accounting software.

With the downturn in the economy, there is greater awareness of the importance of budgets. The treasurer coordinates the development of Westwood's budget, our annual spending plan. S/he does this by asking Westwoodians what they want to spend money on. Many of you have now participated in the budget process in different ways, like preparing a committee budget and discussing budget at the Annual General Meeting.

The treasurer does not prepare the budget alone but with the help of many. Let me take this moment to say THANK YOU to everyone who participated in the budget process so far. You will learn more about the budget from the stewardship team.

The treasurer helps Westwoodians get money to support our work as a church. This involves listening to your inquiries in person, e-mails, and telephone calls. It sometimes involves bringing motions for new spending to the board during the year.

To improve the management of Westwood's financial affairs, the treasurer sometimes develops policies, forms, spreadsheets, and

instructions for using them. The new treasurer can use what the past treasurers have created, and, as necessary, improve on them if s/he wishes.

In sum, the treasurer helps Westwoodians use money to help achieve our vision of becoming a more thriving, inclusive, and diverse religious community. Serving the Westwood community in this way is a spiritually fulfilling experience.

David Deephouse, Treasurer

## From the Worship Committee

### Sunday Service Announcements

If you have attended any services over the last few months you may have noticed that we have been playing around with announcements lately in an effort to decrease the amount of time taken away from our morning worship time. After experimenting with a few different ideas and getting feedback from Westwoodians, the worship committee has finally made a decision about how we are going to approach announcements.

Brief, Westwood-related announcements ONLY will be allowed to be given before the service starts. Meaning, at exactly 10:30 am, before the chimes, before the prelude, you will be invited to come forward to give your brief, Westwood-related announcement. After these brief, Westwood-related announcements are finished, the service will start.

Preferably, however, try to get your announcement into the order of service – it is handed out to everyone who steps foot in the church Sunday morning and it is posted on our yahoo group so even people who are not able to make it to church will get a chance to see your announcement. And, in the order of service, your announcement doesn't need to be particularly brief, nor Westwood-related! To get it into the order of service, please send it to [info@westwoodunitarian.ca](mailto:info@westwoodunitarian.ca) before 9:00 am on Friday.

If you have any questions, please talk to any member of the worship committee – Deidra Helmig, Linnie Chamberlin, Melissa Henderson or Charleen Miles.

## 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's Sunday Services. We could all make beautiful music together. Contact [musicschedule@westwoodunitarian.ca](mailto:musicschedule@westwoodunitarian.ca) for more info or to volunteer.

## 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](mailto:info@westwoodunitarian.ca). (Remember, you haven't got it booked until you have confirmation from Susan.)

## 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](mailto: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](http://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](http://www.cuc.ca).

## Newsletter Policies

### Deadline: 15<sup>th</sup> 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 15<sup>th</sup> 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](mailto: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

### Office

11135-65 Avenue T6H 1W3

Phone..... 780-434-5819  
Fax..... 780-436-5816  
Website ..... [www.westwoodunitarian.ca](http://www.westwoodunitarian.ca)  
E-mail..... [info@westwoodunitarian.ca](mailto:info@westwoodunitarian.ca)

**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](mailto: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... [buildingandgrounds@westwoodunitarian.ca](mailto:buildingandgrounds@westwoodunitarian.ca)  
Care & Connections.. Virginia Gillese  
Chalice Circles..... Carl Ulrich  
Anastasia Sydor  
Children's Program... Kath Oltsher  
Choir..... Rebecca Patterson  
Lay Chaplains..... Deidra Helmig  
Ros McCue  
Library..... Margaret Harris  
Membership..... Sara McEwan  
Newsletter..... Suzanne Grant  
Gord Grant  
[westwooduunewsletter@yahoo.ca](mailto:westwooduunewsletter@yahoo.ca)  
Social Justice..... Edda Loomes  
Bill Woolverton  
Sunday Hospitality... Manfred Kalk  
Webmaster..... [webmaster@westwoodunitarian.ca](mailto:webmaster@westwoodunitarian.ca)  
Worship Services..... Deidra Helmig

**Unitarian Chaplain  
at U of A**..... Rev. Audrey Brooks

## Mark Your Calendar

### March 1

Endowment Fund applications due  
Canvasser orientation, after service  
UUGuys, 7:00 pm

### March 4

Social Justice meeting, 7:15 pm

### March 8

Stewardship Sunday feast, after service

### March 9

Board Meeting, 7:00 pm

### March 11

Welcome Circle, 7:00 pm

### March 12

Paganism 101, 1<sup>st</sup> session, 7:00 pm

### March 14

Child Haven dinner

### March 22

Worship planning workshop, 12:30 pm

### March 25

Welcome Circle, 7:00 pm

### March 29

Simplicity Circle, 7:30 pm

### April 5

Orientation to Westwood, 12:00 pm

### April 18

Ordination of Anne Barker, 2:00 pm



**Got an idea for a worship service?  
Please tell us about it ...**

Please explain in as much detail as possible your worship service idea:

Why do you think it would make for a good service for our congregation?

Would you like to be the speaker for this topic or is there a particular speaker you have in mind?  
Please include their contact information if you have it.

Is there a particular Sunday or time of year you think it would be good to have this service – does it coincide with any particular events or occasions?

Would you like to be the Service Leader for this service? If not, is there anyone in our congregation you think might be interested in being Service Leader for this service?

Any other ideas for the service that you would like to see (e.g. chairs set up in a particular way, activities, particular readings, hymns, music or musician)?

Thank you for giving us your input. Please also give us your contact information so we can follow up with you.

Name:

Phone number:

*Please give this to Deidra Helmig, Chair of the Worship Committee or put in the envelope marked 'Worship Ideas' at the back of the sanctuary. THANK YOU!*