



# The Westwoodian

Connecting you to Westwood Unitarian Congregation

11135-65 Avenue, Edmonton, AB, T6H 1W3  
Tel: 780-434-5819; E-mail: [info@westwoodunitarian.ca](mailto:info@westwoodunitarian.ca)  
[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.*

### October 5 – Walking Together

How we govern our organizations speaks volumes about who we are as people. This week's service is an exploration of congregational polity – the foundation of Unitarian Universalist governance and a key element in freedom of religious thought.

**Speaker:** Anne Barker  
**Service Leader:** Wendy Proudfoot  
**Musicians:** Harmonia

### October 12 – Thanksgiving

Gratitude is the order of the day, as we celebrate Thanksgiving together. Join with us as we take a lighthearted look at this complicated topic.

**Speaker:** Anne Barker  
**Service Leader:** TBA  
**Musician:** Beth McColl



### October 19 – A Different Kind of Justice

Details on this service were still being confirmed at the time of publication. Please check the website for updates on this service.

**Speaker:** Alan Edwards  
**Service Leader:** Linnie Chamberlin  
**Musicians:** Toot Ensemble and Cherilyn Michaels

### October 26 – Sustainable Sunday and the Coming-to-Church Challenge

Come see the short film "The Story of Stuff" with Annie Leonard. The Story of Stuff exposes the connections between a huge number of environmental and social issues, and calls us together to create a more sustainable and just world. It's informative, funny and it just may change the way you look at all the stuff in your life.

This is the first activity of the year to help Westwood become a more sustainable community, both individually and collectively. In addition, we encourage everyone to find an eco-friendly way of getting to church on this day. Prizes will be awarded for the best stories! Read more about it on p. 5 of this newsletter. Also, you are welcome to stay after the service for a local foods light lunch and, in the spirit of sustainability, the storm windows will be put up.

**Service Leaders:** The Social Justice Committee  
**Musician:** Joel Crichton

## Barker Bits



As autumn settles in, there is still time to consider one more road trip before the bustle of winter activity. The Western Regional Fall

Gathering takes place in Calgary October 17-19 and it is likely to be a blast!

Regional events are loaded with gifts...not least of which being that they are close and affordable. We meet UU neighbours from Alberta, Saskatchewan, Manitoba and Thunder Bay...participate in diverse workshops...celebrate socially and spiritually...and, if you are interested, you can even help create the Saturday morning In-Gathering service. The weekend is both learning experience and bonding ritual, combined with food, music and people of all ages.

The benefit – beyond the gifts listed above – is the opportunity to see yourself as part of something larger than just one congregation...to see yourself within the context of a regional and a national movement...and to experience Unitarian Universalism in more of its diversity. It is easy to get bogged down in 'the way we do things at home'...and nourishing to learn that we are not alone, not the only people working our way through spiritual, social and practical issues. Gatherings of the larger community can open our eyes, our hearts and our minds...and you get to solve the problems of the universe during the ride home Sunday afternoon.

Early registration (\$10-20 saving *per person*) requires a postmark of October 3...last chance to register must be **postmarked by October 10**...and there is billeting available. If cost is prohibitive, the Board has some funding available, and rides can be arranged.

Consider joining me, as we shine the bright light that is Westwood out into the community.

In love and anticipation,  
*Anne*

## Upcoming Events

### Congregational Meeting

**October 5, following the service**

Please attend this **very important** Special Congregational Meeting and take part in the decisions of our congregation. The main business of this meeting is the approval of Anne Barker as our new minister.

Each member is entitled to one vote at all annual general and special congregational meetings held more than 60 days after the approval of that person's membership application by the Board of Trustees. Non-members are welcome to attend but may not vote.

### UUGuys

**Sunday, October 5, 7 - 9 pm at the church**

Topic TBA. Newcomers are always welcome.

### Board Meeting

**Monday October 6, 7:00 pm**

The next meeting of the board of trustees will be Monday, October 6, 7-9 pm, in the church basement. All members are welcome to attend.

### Book Discussion Group

**3 Wednesdays, Nov 5, 12 & 19, 7:30 pm**

Mark your calendars – The Adult Programming Committee is planning a three-session discussion group on the book *Freethinking Mystics with Hands: Exploring the Heart of Unitarian Universalism* by Unitarian minister Tom Owen-Toole. The sessions will be held on Wednesdays (7:30-9:30) from November 5-19. The book is short (107 pp.) and is made up of little essays exploring the thoughtful (free thinking), spiritual (mystics) and social justice (hands) aspects of UU-ism. The sessions will be highly interactive providing participants with the opportunity to explore the personal meaning they find in the book. More information will be provided in the Sunday announcements.

## Spinning the Web Dinner

**Saturday October 25, 6:30 - 9:30 pm**

Spinning the Web dinners are about forming connections, meeting new people, and communicating in more depth than is possible at coffee. They are great for newcomers and seasoned members as well.

Spinning the Web dinners are potluck dinners held in the homes of members or friends of Westwood. After dinner we pursue a planned topic, offering personal experiences or reactions to the topic. Or perhaps we talk about something else. It is up to the group and the host or facilitator. In short, Spinning the Web dinners are the combination of a social evening with meaningful discussion.

A sign up sheet will be found on the bulletin board at the back of the church. This sheet will be taken down on **October 19** and groups will be formed. The host of each group will contact its members with details.

## 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: [pathways@westwoodunitarian.ca](mailto:pathways@westwoodunitarian.ca);

## Orientation to Westwood Session

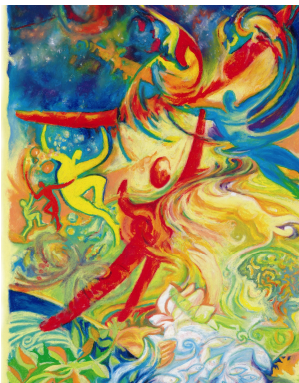
**Sunday, November 23, noon to 3:00 pm**

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: [pathways@westwoodunitarian.ca](mailto:pathways@westwoodunitarian.ca)

## Western Regional Fall Gathering

**Calgary, October 17-19**



*We're hoping you can join us...*

Unitarians from all across the prairies and into Ontario will be gathering October 17<sup>th</sup> -19<sup>th</sup>, for a weekend of learning, fun, and inspiration. Come be a part of the joyful community.

Come to greet old friends and to meet new ones. Come to have conversations that go a little deeper about what it means to be a Unitarian in our ever changing world. Come to hear the Confluence lecture. Come to meet up with people from other congregations who are facing the same challenges and delights that you are--and maybe swap a few stories and learn something new. Come to sing, to laugh, to visit, to eat, and to worship together.

To RSVP and to get more information, visit [www.cuc.ca/programs/gatherings.htm](http://www.cuc.ca/programs/gatherings.htm), or contact Laura McNaughton, at (306) 652-0373. The earlybird deadline is **Oct 3rd**.

P.S. And bring the KIDS!

## Westwood News

### Westwood's Winter Solstice Service – We're Going to City Hall!

Over the summer the Westwood Winter Solstice Planning group met to consider the pros and cons of moving our cherished service to a larger venue. Even with three services we had to turn people away last year because we were too full. We decided to go ahead with a move to City Hall! It will mean lots of benefits along with lots of changes so we want to make sure everyone knows what is going on and can pitch in and help us make this a wonderful, meaningful event.

City Hall (the gorgeous, marble clad central open area) will allow us to experience the unity of a single service with room for everyone (including wheelchair users). Invite your friends and family – there will be ample space along with heated underground parking! Although this change will mean lots of new learning, the single service means shorter time commitments and fewer volunteers to hold the service itself. City Hall has chairs and other resources and there is no fee for using the space.

As the December 21<sup>st</sup>, 2008 solstice falls on a Sunday we will have the service from **2:00 - 3:00 pm** to allow time for refreshments and clean up and be out of the building by 5:00 pm. City Hall does not permit any candles (which would not show up well during the day anyway) but rest assured that we treasure our solstice candles and have other means of honouring that tradition.

We need to ensure our annual solstice crowd knows where to find us so publicity is important- start talking it up! (We will have more publicity of course.) We want to make sure that the event is linked to Westwood so people can join us for the rest of our year so we are planning a new display and other information. Rest assured we will still have our traditional elements: calling the directions, readings, chants, choir music, Gordon Ritchie and his harp and participatory elements. The service will be family friendly but there will not be separate childcare.

Some people have asked about having an additional service at Westwood that same evening. We have decided against doing this and will focus on the one service and getting the word out about that. There will be a breakfast event at Westwood in the morning.

### **Volunteers Needed**

Minister Anne Barker has agreed to be our service leader (hurray!) and is collaborating closely with the planning group. Many people have already volunteered to help out with this service. Melissa Henderson is redesigning our Westwood display and she would welcome help. And is there anyone with a flair for design who would like to create our posters? We want

to get cracking on that. As we clarify our needs and get closer to the time we will asking for others who want to be involved (we have some of your names already).

Winter Solstice Planning group – Lorian Kennedy, Leigh Bornn and Bette Ilich.

## **Announcement Changes from Worship Committee**

Last year, our Sunday services generally finished about 15 minutes late. As you may already know, the worship committee is proposing a reduction in the amount of time during Sunday services that is taken up with announcements.

Basically, our goal is to encourage (very strongly) everyone to make sure to get your announcement in the order of service. It has to be emailed to Susan at [info@westwoodunitarian.ca](mailto:info@westwoodunitarian.ca) before 9:00 am on the Friday prior to the Sunday service.

We understand that sometimes you forget (I'm certainly guilty of it!), so for the month of October, we are going have the service leaders read any extra announcements that did not make it into the order of service.

That means if you did not get your announcement to Susan in time, then you will have to write it down for the service leaders to read out.

You will not have a chance to get up and make the announcement yourself. And please do NOT use the Candles of Concern and Celebration as an opportunity to make your announcement. This is a sacred time. Thanks!

*The heart that gives thanks is a happy one,  
for we cannot feel thankful and unhappy at  
the same time.*

*The more we say thanks, the more we find to  
be thankful for.*

*And the more we find to be thankful for, the  
happier we become.*

-- Douglas Wood, *The Secret of Saying Thanks*

## Social Justice at Westwood

### The Coming-to-Church Challenge

*...how many wheels do you need to get to church?*

**October 26**

If you usually get to church like most North Americans nowadays, that is, propelled by a personally owned gasoline-powered combustion engine, the Social Justice Committee would like to offer you a special challenge on October 26th: getting to church in an eco-friendly way. Whether it be by walking, biking, rollerblading, bussing or carpooling, we will want to hear about it. There'll be time to share your story during the service and you may win a prize! If you want to carpool, check out the Westwood Directory for someone who would be on your route to the church and arrange something. So think about it, how will you get to church? Are you up to the challenge?



*Don't forget to bring in your toques and vests for the community of Huayallacocha, Peru, by Oct 1.*

## Volunteer Opportunities

- **Audio/Visual Tech**

Westwood needs volunteers to operate the sound system for Sunday services. This new Sunday volunteer position includes set-up of the sound system and microphones, connecting the digital audio recorder to the sound board, doing sound checks with the service leader and speaker, recording the service (i.e. turning on the recorder) and putting it all away after the service. When the projector is needed during a service, this crew of volunteers will also assist with that.

We hope that 6 to 8 people join the schedule, so each volunteer would do 5 or 6 services between now and the end of June '09. If more people volunteer, that would share the work even further.

An orientation session will be set up to fit with the volunteers' schedules (date and time TBA) that will cover the basics to take care of the sound on Sundays. Please see the sign-up sheet on the sanctuary bulletin board. Need more info? Ask Manfred Kalk or Dawn N. Thanks!

- **CRE Committee**

The Children's Religious Education committee meets about once a month and covers assorted issues relating to children's programming at Westwood. Please talk to Brenda Niska-Aro or Gord Grant for more information.

- **Adult Helpers for Weekly Sunday Children's Program**

Training is provided. It's a great way to get to know the children! Please talk to Kath Oltsher, Director of Children's Religious Education, for information.

- **Communications and Publicity**

Help is needed to let members, friends and guests know about services, workshops, courses, events and activities at Westwood. It's a great way to keep yourself and others informed about what's upcoming. If you'd like more information or to help out, please contact a member of the Board.



## **PATHWAYS TO SPIRITUAL COMMUNITY**

### **Welcome to Westwood!**

Pathways To Spiritual Community is a catch-all description for all that goes on in Westwood as folks move into and on from participation with this wonderful church. A significant group of volunteers and staff work to see that requests are met and questions answered from the day you step through the door to the time you leave.

It's important to this congregation when you decide to visit, sign the guest book, linger, join and stay. While you and Westwood are companions on your spiritual journey, here's some of what can get you started.

- Sunday Service Greeters and Westwood ambassadors will greet you before or after a service. They are folks interested in how you found us and connecting you with what you're looking for.
- The Visitor information table is stocked with brochures and booklets specifically for you.
- Our yellow pocket guide is a basic introduction to Westwood activities and a worthwhile read.
- When you are ready to sign up for a name tag or regular newsletters a request form at the table makes it easy.
- Folks keep in touch with each other using the church contacts directory, which is circulated among members and friends twice a year. You can sign up to be included in and receive a directory by completing the form on the table.
- Westwood holds Sunday sessions in the fall and spring dedicated to newcomers to this "uncommon denomination" and to folks interested in deepening their connection with Westwood. New2UU and Orientation to Westwood sessions are taking place this November.

Westwood runs well on the energy of an amazing 81 members with a great deal of help from 35 friends. When you are ready to consider membership you can talk to me, the minister or a Board member. Membership details are in the "Welcome to Westwood" pocket guide.

Twice a year, in January and May, recognition ceremonies take place during a Sunday service to honour arrivals and departures of members.

This community understands when you move on. We like to say good bye when you decide to continue your spiritual journey elsewhere. When a member leaves, they are invited to share with us their reflections about their time with us as we say good bye.

So, Welcome to Westwood. May your stay here be as rewarding for you as it is for the church.

Best Regards from Sara McEwan, Pathways to Spiritual Community  
pathways@westwoodunitarian.ca

## Board News

### Splinters From the Board

The Westwood Board had its regular monthly meeting, for the first time with our new minister Anne Barker, on September 8th. We began the meeting with a new concept, a short spiritual reflection, on "peak" or transcendental experiences. We plan to integrate a brief shared reflective time with different themes into each Board meeting if we can.

We also were very pleased to welcome Anne Barker who will probably get a good sense quickly of what's going on at Westwood through the discussion at Board meetings.

### Sanctuary Wheelchair Accessibility Coming

The Board agreed to finalize our proposal to rebuild the steps on the east side of the Church with a ramp that will make the sanctuary wheelchair accessible. While we fully realize this doesn't make the Church fully accessible, because there still will be no access to the basement, or very importantly, to the bathrooms, we thought it still worthwhile to make the main floor accessible. Mitch Walden said previous estimates showed the ramp would not cost that much more in materials than just replacing the steps. Mitch is going to announce dates for the project and fellow Board member Terry Anderson stepped up to help.

### Re-Dedication of Basement Rooms

We are looking forward to the rededication of our newly renovated basement rooms. We are naming our north basement room The Legacy Room and a plaque outside will acknowledge the many people who have left a legacy to Westwood. The longer, east room will be called the Den. Thanks very much to Dawn N. for spearheading this initiative that will highlight the contribution of Westwoodians who have gone before.

### Pledge Reminders

Our Treasurer David Deephouse noted that some of our pledged contributions are not coming in, and Kevin Fitzgerald, who organized this year's canvass offered to lead

an effort to gently remind members who have pledged, but haven't yet made their contributions.

### Key Policies

The Board also talked about how to get the many, many keys to the church building under control. We need a new policy for signing out keys AND getting them back. Dean Chan is researching a policy plan and it will be back before the Board. When we settle on a policy we want to transition as smoothly as possible to new keys that will be better under control. We expect a deposit may be part of that plan.

### Long-Range Planning

Our five-year long range plan is up this fall and the Board began a discussion of how the congregation can begin a new long range goal setting process.

### Sending Westwoodians to the Western Regional Fall Gathering

We also have money in the budget to sponsor members to attend the Western Regional Gathering coming up in Calgary in October. There is \$500 to cover the \$100 registration costs for five people and it is possible to assist with travel costs as well. Anyone interested can contact our Board chair Pamela Brierley. We also voted to help cover some costs for the Worship Committee to send a member to the Workshop on Worship coming up in Victoria.

### Communications

The Board is also still working on how to do liaison with all our committees, and who will be connected to which committee. We also want a new email decision making policy to allow us to make some decisions between the times of our monthly Board meetings.



### Treasurer's Notes

Welcome (back) to Westwood after your summer activities. The Treasurer's Notes column is a regular feature designed to inform members and friends about the financial affairs of Westwood.

## Editors' Choice

Like a household or a business, Westwood spends money on activities, many of which are discussed in this newsletter, and obtains money from a variety of sources. At our Annual General Meeting on June 8, we approved a spending plan (i.e., budget) for the church year that runs from July 1, 2008 to June 30, 2009. The budget includes planned expenses for staff, utilities, building improvements, administration, and programs; the latter include worship services, religious education, communication, music, etc. Most of the revenue comes from pledges made by members and friends. This budget consists of \$94,854 in Revenues and \$106,130 in Expenses, yielding a Net Deficit of \$11,276. The congregation agreed to a deficit because of the large surplus in the prior year and our desire to hire a part-time minister. We did recognize that deficit budgets are not sustainable.

Westwood is in good financial position as we enter the regular church year, thanks to all those who pledged at Canvass last spring and who provided post-dated cheques at canvass or already made donations. These donations kept the utility and other bills paid during the summer and built up our bank balance that will be drawn down during the rest of the year. As regular services and programs resume, we will start to spend the money that we planned to spend in the budget process last winter. A committee can adjust its spending priorities, but such changes should be a reasonable, collective decision. The board of trustees has only limited discretion to approve additional expenditures during the year, and these need to be considered in the context of the church's financial position as a whole. Each committee has a liaison on the board of trustees, so if you are planning major changes, please discuss them with your board liaison or me.

Overall, we have a budget and system in place that will support our efforts to build a more thriving, inclusive, and diverse religious community. If you wish to learn more about the financial affairs of Westwood, please look for the "Dollars and Sense" brochure in the rack at the back of the church or talk with me.

David Deephouse, Treasurer

### Purple

In first grade Mrs. Lohr  
said my purple tipi  
wasn't realistic enough,  
that purple was no color  
for a tent,  
that purple was a color  
for people who died,  
that my drawing wasn't  
good enough  
to hang with the others.  
I walked back to my seat  
counting the swish swish swishes  
of my baggy corduroy trousers.  
With a black crayon  
nightfall came  
to my purple tent  
in the middle of an afternoon.

In second grade Mr. Barta  
said draw anything;  
he didn't care what.  
I left my paper blank  
and when he came around  
to my desk  
my heart beat like a tom tom.  
He touched my head  
with his big hand  
and in a soft voice said  
the snowfall  
how clean  
and white  
and beautiful.

— Alexis Rotella

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Alexis Rotella is a poet, ordained minister, and acupuncturist who runs a health center in Maryland. The poem "Purple" first appeared in *East West Journal* in 1980 and has since appeared in many other publications, including the first edition of *Chicken Soup for the Soul*.

## 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](mailto: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](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..... 780-434-5819 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

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Vice-President..... Mitch Waldon  
Treasurer..... David Deephouse  
Secretary..... Keith Wiley  
Trustees..... Kevin Fitzgerald  
Janice Williamson  
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Chalice Circles..... Carl Ulrich  
Anastasia Sydor  
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Lay Chaplains..... Deidra Helmig  
Ros McCue  
Library..... Margaret Harris  
Membership..... Sara McEwan  
Music..... Rebecca Patterson  
Newsletter..... Gord Grant  
Suzanne Grant  
[westwooduunewsletter@yahoo.ca](mailto:westwooduunewsletter@yahoo.ca)  
Pastoral Care..... Virginia Gillese  
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

### October 1

Vests and toques to be collected for Peru

### October 5

Special congregational meeting  
UU Guys 7:00 pm

### October 6

Board meeting

### October 17-19

Western Regional Fall Gathering

### October 25

Spinning the Web Dinners

### October 26

The Coming-to-Church Challenge

### November 2

New2UU session

### November 5, 12, 19

Book discussion group, 7:30 pm

### November 23

Orientation to Westwood, 12:00 pm

