



The Westwoodian

November 2009

Connecting you to Westwood Unitarian Congregation

11135-65 Avenue, Edmonton, AB, T6H 1W3
Tel: 780-434-5819; E-mail: info@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 1 – Try Something New

Can we experience peace in the midst of our personal problems? What happens when we no longer resist this moment now, whatever it may bring? What happens when we cease to assign blame? Dijie shares her thoughts and her poetry.

Service leader: Colette Orieux

Speaker: Dijie Ratzlaff

Musician: Beth McColl

November 8 – Death, Dreams and the Deepening of Spiritual Life

This will be a positive conversation about living through illness and allowing it to deepen one's spiritual life.

Speaker: Dona-Kaitlin Beitel

Service Leader: Carl Ulrich

Musician: Cherilyn Michaels

November 15 – The 7 Principles of Highly Effective People

In a solidly practical sense – what do our 7 principles offer in terms of practical action?

Speaker: Rev. Anne Barker

Service Leader: Dean Wood

Musicians: Harmonia

November 22 – The Complaint Free Challenge

Inspired by the Complain Free World Bracelet challenge initiated by Will Bowen (www.acomplaintfreeworld.org), Gord Grant, Heather MacDonald, and Colette Orieux will engage you with their personal experiences and thoughts about complaining, and invite you to take the challenge of becoming complaint-free.

Speakers & Service Leaders: Gord Grant, Heather MacDonald and Colette Orieux

Musicians: Steven Bell

November 29 – The Mighty Mosquito - Lotta Hitschmanova

This year, we celebrate the 100th anniversary of Lotta's birth. This service explores her life, her creation of the Unitarian Service Committee (*now USC Canada*) and the many gifts she leaves behind.

Speaker: Rev. Anne Barker

Service leader: Allison Akgungor

Musicians: Kevin Kornelsen / Marj Foth

FYI: We will be lighting our first solstice advent candle during this service



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Don't forget to set your clocks back on October 31!



Sharing the Ministry

We have been talking a lot about Shared Ministry – two simple words that mean everything at Westwood! We are a group of people who rely on one another. If it is going to get done – we are the people who will be doing it! But more than simply ‘getting things done’ – our shared ministry is also about *How* we get things done – *How* we choose to be with one another. And clearly, our standards are high.

In every community, there are challenges, much like there are in every family. We will rub one another the

wrong way. Not every member will be your best friend. We will disagree on the way to do things – sometimes adamantly!

The key in any respectful relationship is to find ways to be together that are fair, honest *and* compassionate. The challenge, especially when feelings rise, is remembering the *all three are essential*. As we continue work on our congregational covenant of right relations, we are each called to explore what this means for us – our individual selves – in the context of commu-

nity. These insights and ideas inform us as we go forward, encouraging our best behavior and can support us in loving ways, when we fall short.

Working together – easing tensions and developing skills that support the community going deeper – we live the principles we hold in such high esteem. It is good to be in the company of like-minded people ... even if we are not all exactly alike.

In peace & love,
Rev. Anne



“The key in any respectful relationship is to find ways to be together that are fair, honest and compassionate.”

Because We Care ...

In this season of flu concern, our best way to protect one another is to prevent the spread of infection.

If you are experiencing symptoms of Flu-like illness

~ Please ~

Take the time to recover at home before returning to the church building.

If you are ill, at home or in hospital, please let the minister know and we will check in with you on a regular basis.

We never want to exclude anyone – We simply want to do our best to *care for everyone*.

Thank you for your help,
Reverend Anne

Westwood really knows how to Party!

Rev. Anne is thoroughly installed!!

The Westwood Installation Service and Celebration
at Enterprise Square
was a real all-ages adventure –
marking an important milestone in our shared ministry.

Thank you to the entire Westwood Community –
to everyone who participated, attended, or held good wishes in lieu.

To everyone who travelled –
particularly the Rev. Meg Roberts & Liz James –
we are ***eternally grateful*** for your contributions.

Nothing is more fabulous than celebrating together!

Special thanks go out to ***Deidra Helmig & Lorian Kennedy*** –
for hours and hours of planning and footwork –
and especially for their generous contributions
of creativity and encouragement in support
of this important Westwood event.

In Love and Gratitude,
Rev. Anne Barker



Sounding Board

Your Board of Trustees met on October 7th.

Board Roles

We finalized our board leadership roles: Mitch Waldon: President, Virginia Gillese: Vice President. The other board members are Gordon Thomas (treasurer), Dennis Foth (secretary), members at large: Terry Anderson, Kevin Fitzgerald, Linda Jennings.

All board members commit to assist in all tasks, knowing that the role of president in particular can be onerous.

To this end, we as a board will take more responsibility in helping you know how to direct your questions, ask for information, etc.

For instance, did you know that each committee and interest group at Westwood is linked to a board member in a liaison role? This is in place as follows:

Adult Religious Educ.—Linda.

Building and Grounds—Kevin

Canvass—Kevin

Care and Connections—Virginia

Chalice Circle—Virginia

Shared Ministry—Virginia

Children and Youth RE—Linda

Choir—Dennis

Communications—Terry

Earth Centred Spirituality—Linda

Endowment Fund—Gordon

Financial Review—Dennis

Hospitality—Kevin

Lay Chaplaincy—Dennis

Library—Linda

Long Range Planning—Dennis

Membership—Terry

Nomination—Gordon

Personnel—Gordon

Simplicity circle—Linda

Social Justice—Kevin

Spinning the web—

Virginia

U of A Chaplain—Mitch

UU Guys—Mitch

Welcoming Congregation—Gordon

Winter Solstice Planning—Terry

Worship—Gordon

Terms of reference for the Long Range Planning Committee

This document was finalized and will be posted soon.

We invite you to begin to reflect on what long range plans Westwood should consider, in part to prime your thoughts in advance of the **Vision and Mission Workshop** the board will host on November 14th. This will be an exciting and crucial coming together for Westwood as we strive to understand and shape where we want to go as a community. Watch for further details.

Reminder: Board Meetings are Open

If you would like a decision or discussion at a Westwood Board meeting, please submit your items by the last Wednesday of the month to Dennis Foth so you will be added to our agenda. Our meetings are almost always the first Wednesday of the month. Our next Board meeting is **November 4 at 7:00 pm.**

Saga of the Finished Wheelchair Ramp

It's done!! The construction of the wheelchair ramp not only added a critical capacity to our building, replaced a near safety hazard (the old crumbling staircase) but, as importantly, it allowed us to grow our community, by working together. The project was completed at a cost of materials of around \$1400. This compares with an Edmonton estimate of \$100 foot or \$4800 for the project. So our time was rewarded financially as well as socially.

A big thanks to those listed below (and any we may have accidentally omitted.): Keith Wiley, Carl Ulrich, Dennis Foth, Charlotte Hunt, Allison Akgungor, Bruce McPherson, Bruce McWhirter, Mitch Waldon, Lindsay McWhirter, Phil Hanne- man, Susan Junas, Michael Hotrum, Kevin Kornelsen, Terry Anderson, and Virginia Gillese,



News from the Committee on Shared Ministry (COSM)

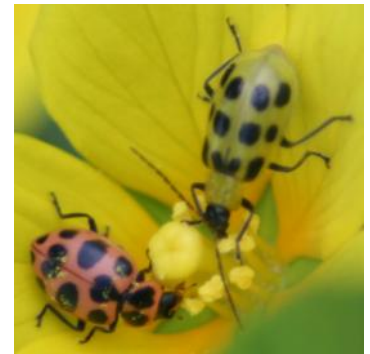
On September 2, the Board approved the Terms of Reference for the Committee on Shared Ministry. The purpose of the committee is to promote and facilitate healthy communication between any combination of congregation members and friends, lay leadership and the professional minister.

At the workshop, Nobody's Perfect, held on October 18, the committee shared a draft copy of the COSM Response Policy that outlines how the committee plans to work.

Both documents are available on Westwood's web site at: www.westwoodunitarian.ca On the far right bottom of the home page click on Westwood Or-

ganization Guide and scroll down to Committee Terms of Reference and at # 11 click on Shared Ministry and you will find both documents.

Feedback on both of these documents would be welcomed by COSM. Members of COSM are: Carl Ulrich, Lorian Kennedy, Anne Barker and Elaine Roberts.



GEA: Meeting our Principles

My involvement with the Greater Edmonton Alliance (GEA) over the past year has shown me that a diverse group of grassroots people can have power and make real change.

Even if all our work on saving the farmland in the NE does not result in any change in government policy (but I think it will), in the process we have educated thousands of people about local foods, we have educated our city councillors on an issue of which they were barely aware and gained their respect, introduced

consumers to local farmers, and encouraged people to become farmers and initiated many local foods dinners. The work we have done has made ripples across North America. We have hit national news, CBC, the Globe & Mail, the National Post. I am grateful to all the organizations that worked together to make this possible and I am so impressed by their methods that I will be taking a 1-week leadership training session in November through the Industrial Area's Foundation (IAF), the umbrella organization of GEA.

Best of all GEA has reminded me of the importance of relationship over issues and this Fall I have been applying my new awareness at Westwood. It seems from my experience with the local foods issue, that if we don't get too attached to the outcome of an issue, the process itself can be a joy.

If you have any questions or comments about GEA, I'd love to hear from you.

Christine Watts

chris-sq@telus.net

Westwood Social Justice Committee

Upcoming GEA activities

City Council Final Public Hearing on Municipal Development Plan

November 12th and 13th
Thursday and Friday

Time TBA

At City Hall

GEA Citizens Assembly for the Common Good and Public Launch of Sustainable Works

November 18th, Wednesday

7:30-9:00 p.m.

St. Theresa's Parish 7908-25th Avenue

Greetings from your Pathways to Spiritual Community contact at Westwood



I'm sharing with you an experience I had in another Western

congregation a few years ago, since it speaks to the power of the opportunity that is happening presently at Westwood as new folk check the church out.

She was introduced to me proudly as the "newest" member of another Prairie congregation. And she was very busy; in the final stages of preparing a Fall celebratory meal for 130 Unitarians gathered on a evening. So the next morning, as we sat together after service, I expressed my admiration for her fine volunteer effort and she told me about her Unitarian journey.

She had come to town from another community and church. She attended this latest Unitarian congregation for a while. But there was just no comfort for her. There was someone present from another time with whom she had difficulty. She was grappling with significant health issues. When she sat at coffee, no one engaged her in any way, least a meaningful one.

So she stopped attending and years passed.

Eventually, her partner became involved with the congregation. A few

months ago she had received a phone call inviting her to participate in a couple of church projects. And she accepted. Five months later, she has claimed her Unitarian connection, become active on a committee and undertaken a labour of love ~ feeding a congregation for the special event we were attending.

Moreover, she's ready for membership in the congregation. Moving into a formal commitment she reflects about how she and others remain on the edges of a congregation. She shares her experience and has creative intentions to check out the *why* as part of the membership committee. For her, all from a connection, a phone call...a cold call...from a congregant unknown to her looking for help.

Other priorities, obstacles, in addition to a timely approach are facets in this story of this Unitarian's pathway to spiritual community. To me, her example speaks volumes for congregations with honest intentions about inclusiveness regarding newcomers. I believe that *all in its own time* was a factor here, as she needed to settle into a broader community, to heal and deal with unfriendly faces, both known and unknown.

However the congregation had a part to play too.

Would it have made a difference, if someone had asked her how she was, and how she came to her new place and space when she first attended? If a phone call had come earlier, indicating interest in engaging her in the life of the church, would she have responded? Was someone prepared to hear both her reservations and desire for inclusion?

Do Westwoodians leave it to folk to choose their time as new faces come and go unremarked? Or do we reach out to folk anticipating a connection?

I say both, and.... Sustained by that belief, Westwood Ambassadors are active every Sunday in this congregation, saying "hello" to new faces. For those of you who've been around for a while, if you'd like to participate as an Ambassador let me know.

It's a dead easy job, done any Sunday that suits you.

However if you are already committed in the congregation, please consider personally inviting a new person to join you and participate in your activity of choice.

The payoff for our newcomers, you and the congregation has the potential to be great!

Best Regards from Sara McEwan

Are you curious about Unitarian Universalist beliefs?

Come to a Q & A session

Sunday morning, November 15th, 2009, after service.

Attend Sunday service & plan to stay for **New2UU**.

Rev. Anne Barker, Westwood's minister co-leads this informative hour.

Please RSVP or sign up on the notice board, so we can prepare tasty snacks.

Child care can be arranged.

An Invitation to an Orientation to Westwood

Sunday, November 29, 2009

Noon – 3 p.m.

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 provided.

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

For more information about either event, contact Sara McEwan for Pathways to Spiritual Community,

pathways@westwoodunitarian.ca

Westwood's Endowment Fund, Q&A

What is the Westwood Unitarian Endowment Trust Fund?

Westwood's Endowment Fund exists to provide a place for permanent legacy funds. It is administered independently of the regular church activities. It supports the mission of the church by financing special projects, while maintaining its principal (currently about \$53,000) in perpetuity. Interest earned from the principal goes to support special projects. Projects are approved by the congregation each year at the Annual General Meeting.

Where does the money in the Fund come from?

Mostly from individual donors. In the past Westwood's Board has also directed some other funds to the Endowment Fund, such as the previous Endowment and Building Funds.

What kinds of projects does the Fund support?

Special projects related to congregational growth or outreach. For example, some of the past projects supported by the Endow-

ment Fund have included:

- Camp fYrflly for its programs
- UCE/Westwood Unitarian Universalist University of Alberta Chaplaincy Initiative for the purchase of brochures about UU faith, history and activities
- Westwood's Earth Centred Spirituality Group for purchase of material for costumes
- Westwood Board of Trustees to assist with the costs of the church administrator's learning how to use the newly purchased Church Management Software Program and enter data

How can I contribute?

- Make a contribution to Westwood indicating you want it to go to the Endowment Fund. Please ask a Trustee for a living donor document to sign, so Westwood can keep its tax paperwork in order.
- Make a contribution to Westwood as a gift honoring someone else or an event (e.g. a birthday or an anniversary).
- Include Westwood in your will. Bequests will automatically go to the

Endowment Fund, to ensure they support the Congregation in perpetuity.

- Make Westwood a beneficiary on a life insurance policy.
- Talk to a Trustee if you'd like information or assistance about contributing to the Endowment Fund.

What do the Endowment Fund Trustees do? How can I become one?

Trustees manage, administer, and promote the Fund, solicit project applications and make funding recommendations to the Congregation, and report to the Congregation annually. Trustees are elected for a one-year term, and may not serve on the Board or the Finance Review Committee at the same time. Please let a Trustee or the recruitment committee chair know if you are interested in serving as a Trustee.

Who are the Trustees?

Linda Axley, Bruce McWhirter and Margaret Harris



Mission & Vision Workshop

What do we stand for?

How do we manifest this?

Where are we going?

*Now is the time to Refresh & Renew
our **Mission & Vision Statements**
as we head into
Long Term Planning for the future!*

You are the heart of Westwood
Please join us for this foundational workshop

Saturday November 14 2009
Location & time TBA – stay tuned
to the weekly announcements
or call the church office for more info

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It Takes a Village to Raise Our Children

Children and Religious Education (CRE) Team wants your feedback!

As we build on the good foundation of children religious education programs now in place at Westwood, we are asking the kids and parents what they like or don't like, what they would like to see in the future....

To kick this process off, after the Sunday Service on September 27th, the Westwood CRE team put on a fun event called "Come be a Kid Again". Homemade chili, lasagna,

salads, fruit, and desserts were enjoyed by the 28 adults and 16 children and youth who attended.

After lunch, the kids played games upstairs while parents went downstairs to check out the facilities and to chat with Kathy Lightfoot, Westwood's CRE coordinator and CRE committee members. Constructive and positive interactions were shared that day upstairs and down! People responded to questions about the CRE programs on posters, and they are

summarized here for you to reflect upon.

We want to hear from you! Please send in your ideas or comments about the children and religious education program!

Email us at kids@westwoodunitarian.ca, or talk to our CRE coordinator (Kathy Lightfoot) or to our youth leaders (Christine Lesiak or Gord Grant) or any of the CRE committee members (Brenda Niska-Aro, Gord Grant, Sherrill Johnson, or Mark Nicoll).



Feedback we got from Westwoodians at the “Come Be a Kid Again” fun day in September

	What would you like us to teach?	What do you like?	What would you like to see changed?
Nursery	<p>Sharing and fun</p> <p>Kindness</p> <p>Respect & sharing</p> <p>No hitting/ biting/ fighting</p>	<p>That it is always available and the parents can participate upstairs</p> <p>Love the new space – bright & warm couch for adults & kids</p>	<p>Help with transitioning kids from parent to nursery</p> <p>Something to encourage parents to bring small children down, they can have a hard time being quiet upstairs</p>
4-8 year olds	<p>Religious myths & stories but make it clear they are myths and stories</p> <p>I would like us to make use of some of the excellent curriculum materials</p> <p>To harmonize content with key service content that is presenting Unitarian Principles and values</p> <p>I would like to see more long term planning</p> <p>Differences & similarities between each other & accepting each others differences & appreciating all humanity</p> <p>Social Justice and Challenges to child to participate in community</p> <p>“Unitarian” ethics & values – to “resist” Christian culture & proselytizing. How to deal with peers talking about God, Jesus & heaven without getting into fights, trouble or being out-cast.</p>	<p>Crafts & colouring</p> <p>Love the new space and the planning</p> <p>Effort to include & integrate the younger kids is great</p> <p>Clean – up the park day</p>	<p>It would be helpful to have a plan for the season/ term</p> <p>Fewer craft & movie days. More R.E. content</p>
9-12 year olds	<p>Pantomime – all ages – youth group major organizers – perhaps in February – could invite the community and sell tickets as a fundraiser.</p> <p>More education on religious and spiritual diversity – worldwide views – actual content to discuss.</p> <p>Would like the children to know some of the Bible stories (as literature) – they are a part of our cultural history and can be understood from a U.U. perspective</p>	<p>Dealing with peer pressure regarding religion</p> <p>Having a solid base of beliefs</p>	
Youth		<p>How to articulate their ideas/ thoughts about spiritual matters and learn about beliefs in safety.</p>	<p>I would like to get to know the youth better – there are minimal interactions</p>

Upcoming Westwood & Unitarian Events

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It's happening again ...

Second Sunday Potluck!

Next potluck: November 8 2009

We have a



following the service
the Second Sunday of every month

No meeting ... no agenda ... just

lunch together!

Bring lots! It's sure to be delicious!

Second Sunday Potlucks!

Westwood UU Guys

November 1st

This group meets every month at Westwood, 7-9 pm the first Sunday of every month (except long weekends, which postpone meetings 1 week). Newcomers are always welcome, as are snacks and opening and closing words.

In honour of the still permeable boundaries between worlds from Halloween the eve before, this month's discussion topic is "the supernatural".

Social Justice Meeting

November 2, 7:15pm

Edda's home

Everybody interested in social justice is welcome! Email sjc@westwoodunitarian.ca for more information.

Thinking about Chalice Circles ... but just not sure?

Interested in Unitarian Universalism?

Looking to meet people?

Tea with the minister?

Try ...

"Welcome Circles"

A drop-in Chalice Circle

At the Minister's House

All are Welcome

7 to 9pm

Wednesday November 25: 1st Source

RSVP appreciated ... but not necessary

Email for address

anne@westwoodunitarian.ca

Celebrating Lotta

Hitschmanova's

100th Birthday



On Thursday,

November 12, at Festival Place in Sherwood Park, a concert with James Keelaghan and others will take place to honour the founder of the Unitarian Service Committee, and to raise funds for their programs, which includes the seed bank.

For more information see the USC newsletter online. For tickets phone Festival Place box office at 780-449-3378, or Ticketmaster at 780-451-8000.

Poets and Artists: Submit Your work for CUC Poetry Chapbook 2009

The editorial board of the CUC Poetry Chapbook 2009 project is seeking submissions of poetry (a maximum of five poems per submission, each poem should be 45 lines or less including title and blank lines), from Canadian Unitarians or Unitarian residents of Canada, who are either

- CUC congregation members
 - CUC members-at-large, or
 - self-identified Unitarians
- on the theme **HOW SHALL WE LIVE** to be considered for publication in our fourth professionally published chapbook, to be launched at the next CUC ACM (May, 2010)

Please submit unpublished material to:

Jo-Anne Elder at eldergomes@yahoo.com

or mail to Jo-Anne Elder, 180 Liverpool Street, Fredericton, NB E3B 4V5. Attention: CUC Chapbook, **by November 30, 2009.**

Please also include a 50 word bio.

Include a self-addressed stamped envelope if you are submitting via land mail and wish to receive a reply. All work will receive notification of acceptance by March 21, 2010.

The editors also seek submissions of art work for the cover or a complete cover

design including text - please send your own created colour images to Janet Vickers at tojan@smartt.com with name, address and bio.

Thank-you for your time and creative contributions.

best regards

Janet Vickers
CUC Chapbook Editorial Committee
tojan@smartt.com

Editor's Choice

Have you ever noticed a tree standing naked against the sky,

How beautiful it is?

All its branches are outlined, and in its nakedness

There is a poem, there is a song.

Every leaf is gone and it is waiting for the spring.

When the spring comes, it again fills the tree with

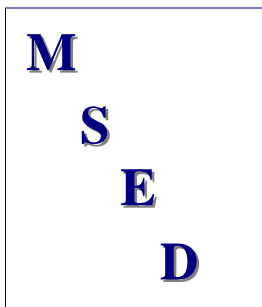
The music of many leaves,

Which in due season fall and are blown away.

And this is the way of life.

- Krishnamurti

The Memorial Society of Edmonton & District



The Memorial Society of Edmonton & District is offering a free, drop-in information session on November 18 from 10 am to noon. We are a non-profit organization which promotes simple, digni-

fied memorials and funerals.

Come to the office at 10235 - 124 St. We are in the basement, Room 1108. We will answer your questions and explain the purpose and services of the society. You will receive information about becoming a member.

For information call 780-944-0196. Check out our web site www.memorialsocietyedmonton.ca



Who to Contact

Office

11135-65 Avenue T6H 1W3

Phone..... 780-434-5819
Fax..... 780-436-5816
Website www.westwoodunitarian.ca
E-mail..... info@westwoodunitarian.ca

Administrator..... Suzanne Grant
Office hours..... Tues and Fri, 9:30am – noon

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

Minister..... Rev. Anne Barker
Phone.....
E-mail..... anne@westwoodunitarian.ca
Office hours..... Wed 9 am – 12, or by appointment

Board of Trustees 2009-2010

President..... Mitch Waldon
Vice-President..... Virginia Gillese
Treasurer..... Gordon Thomas
Secretary..... Dennis Foth
Trustees..... Kevin Fitzgerald
Terry Anderson
Linda Jennings

Other Roles

Building & Grounds buildingandgrounds@westwoodunitarian.ca
Care & Connections careandconnections@westwoodunitarian.ca
Chalice Circles..... Carl Ulrich
Anastasia Sydor
Children's Program Kathy Lightfoot
Choir..... Rebecca Patterson
Lay Chaplain..... Collette Orioux
Library..... Margaret Harris
Membership..... Sara McEwan
Newsletter..... newsletter@westwoodunitarian.ca
Social Justice..... Edda Loomes
Sunday Hospitality Manfred Kalk
Website..... web@westwoodunitarian.ca
Worship Services... Charleen Miles
Melissa Henderson
Heather MacDonald
U of A Chaplain Rev. Audrey Brooks

Mark Your Calendar

October 31—Turn clock back

November 2—Social Justice Meeting

November 4—Westwood Board Meeting

November 8—Second Sunday Potluck

November 12—Lotta Hitschmanova Birthday Concert

November 14—Mission and Vision Workshop

November 15—Newsletter deadline

November 15—New2UU session

November 25—Welcome Circle

November 29—Orientation to Westwood

November 30—CUC Chapbook deadline

