

First Unitarian Universalist Church of Winnipeg

The Communicator

October 2022

Sunday Services via [Zoom](#) and in sanctuary at 10:30 am

The theme for October is Courage

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The deadline for the November 2022 issue is **Thursday, October 20th, 2022**

Head, Heart, and Spirit: The Essential Role of Pastoral Care in UU Congregations

October 2, 2022

Service Leader: Rev. Ren McFadyen

Service Coordinators: Steve Lennon and Jill Moats

Rev. Ren McFadyen will reflect on the ministry of spiritual or pastoral care in UU congregations, and why it is an essential, integrative aspect of a healthy UU community.

Thanksgiving

October 9, 2022

Service Leader: Marian Siemens
Service Coordinator: Norm Cobb

At this Thanksgiving service, Marian Siemens will reflect on the reasons to be grateful for the many gifts we have received in our lives over the years.

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Sunday Services continued

Anchoring in Gratitude, Even in Tough Times

October 16, 2022

Service Leader: Joan Carolyn
Service Coordinator: Kelvin Seifert

We see troubles everywhere: Covid has kept us apart, wars are threatened and fought around the world, and the climate is not what it used to be. How can we feel grateful in times like these? Joan Carolyn - long-time member and congregational development officer for CUC, will explore this question and offer suggestions.

Note: On this morning, Wellington Crescent will be the route of the WFPS Run. Motorists turning into the church parking lot are asked to be extra careful looking out for runners, and to follow the directions of any race officials at the entrance

TBA

October 23, 2022

Service Leader: Dylan Fijal
Service Coordinator: Marian Siemens

TBA

October 30, 2022

Service Leader: TBA
Service Coordinator: Steve Lennon

Church Picnic

Church members enjoyed a fun and sociable time at the picnic in our beautiful backyard.

About 45 of us gathered September 11th, appreciating the warm sunny day, tasty lunches and lemonade, and connecting with each other in person. As fall approaches, stay tuned for further events and interesting programs brought to you by the Adult Programming Committee.



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Board Notes

by Claire Nimmagadda, Vice President



Welcome October!

We had a busy start to this church year! We have had wonderful services and church gatherings throughout August and September - and yet it still seems

like September is the 'beginning' of our church's new year. We kicked off the year September 11 gathering to share and celebrate our summer wanderings and this culminated in our all-church picnic. Sunshine and trees in our beautiful backyard surrounded us as we lunched - it was a great opportunity to reconnect in our beautiful space and enjoy conversation and a meal together. Thank you Adult Programming team!

What a wonderful hybrid Sunday service experience so far this year. Our in person attendance in church on Sunday has exceeded Zoom attendance since September 11th - as someone who has attended every Sunday in the sanctuary since July, I've noticed that each week there's something new - the in-church reopening team enhances the experience in church each week - from adding a feature to coffee time after the service, to trying different seating configurations to organizing in-

person ushering and open plate, each new small change enhances our experience of connection and community. Whether in person or on Zoom we know our hybrid platform integrating in-sanctuary and on-line offerings on Sunday continues to bring us together in meaningful ways.

Our ministry strategy this year continues to develop as we listen to the feedback from the congregation gathered in August about key priorities for this year's church year and come together as a community to address each need. Ministry, key programs and intergenerational experiences were clear themes in the feedback and the board has heard this message.

Our ministry strategy for the year included extending a new short term contract for interim pastoral care - Rev. Ren McFayden was engaged and since August has offered new opportunities in pastoral care and connection such as adding Spiritual Reset services during the week, a Covid service to mark and reflect on the transitions we've experienced, and an engaging movie discussion. Rev. Victoria Ingram has also been

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Board Notes continued

engaged to support our small group ministry: covenant groups. Sign up is taking place now with Janet Toews to join a covenant group this year - it promises to be another year of meaningful ministry. Next up for us will be worship team's request for support this year - we'll be exploring this ministry opportunity with more updates to come.

September saw change for the Board of Directors. In the September board meeting the board welcomed three new members to fill board vacancies: Darlene Payne, Paula Keirstead and Larry Phillips. Thank you for stepping forward to serve our community in this way. The board appointed Darlene, Paula and Larry to serve interim terms until the summer AGM in 2023 when the congregation will vote on a long term slate. Huge thank you to the Volunteer Resource Committee for their support! We also accepted the resignation of Marlene Schellenberg, our board president. The board thanked Marlene for her service and wished her a wonderful safe trip this fall.

This September we also came together for an in-person town hall with Janet Schmidt where we heard Janet's report on congregational issues and the impact they've had

on many among our community. We spent time discussing how we move forward and these ideas are being compiled. Jan will be hosting a second **online** session October 6th (save the date) where additional inputs will shape the next steps taken by the Handling Conflict Working Group.

Looking ahead to October, the board is working on a re-forecast of the year in light of the new ministry, program and digital offerings this year. We know the congregation has prioritized being accessible and hybrid - and many of our committee and teams have begun working through how to make this a reality. This year we will begin to see the fruits of our communities' hard work as more and more offerings have hybrid opportunities.

The Board and various groups continue to look at the question of how to sustain hybrid church and optimize an operational structure as we transition ministries this year. This fall we intend to create a part time paid operational role, while still relying on a roster of volunteers to supplement this work. We are focusing on the congregational needs

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Board Notes continued

for a membership team to support growth while creating supports for the things this congregation loves: intergenerational experiences, digital enhancements to increase our access and beautiful property developments. The Board will revisit our Covid protocols throughout the year as needed. No major changes for the fall but we may see some minor adjustments. Stay tuned.

With blessings, Claire

A Happy Church Recipe (adapted)

4 cups love	5 spoons hope
2 cups loyalty	2 spoons tenderness
3 cups forgiveness	4 quarts faith
1 cup friendship	1 barrel of laughter

Take love and loyalty, mix thoroughly with faith. Blend it with tenderness, kindness and understanding.

Add friendship and hope, sprinkle abundantly with laughter. Bake it with sunshine. serve daily with generous helpings.

Finding Your Passion for Change

A four-week book study offered by The Adult Programming Committee (APC) begins Wednesday evening Oct. 19. How might we work for change, while holding onto joy? Co-facilitators Shannon Breckman and Sonya Watson invite you to participate either in person or by Zoom. Book excerpts will be provided for discussion.

In 'The Lightmaker's Manifesto', Karen Walrond helps us name the skills, values and actions that bring us joy; identify the causes that spark our empathy and concern; and then put it all together to help change the world. She shares activists' fascinating stories from near and far.

Author Karen Walrond is a lawyer, leadership coach, photographer and activist. She has travelled world-wide and serves on the board of the Houston Coalition Against Hate.

Register by leaving your name, email and phone number at adult-programs@uuwinnipeg.mb.ca. Please indicate whether you prefer to participate in person at the church, or via Zoom. We will confirm your registration in early October. Thanks.

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The Board Invites You to Join Us for a Repeat Workshop

by Peter Miller

*Our Mission says: We are a **learning community** open to evidence and varied insights that encourages reflection and exploration. We use what we learn to strengthen our relationships and our capacity.*

When? – Thursday, October 6th – 7:00 to 9:30 p.m.

Where? – on Zoom at <https://zoom.us/j/99992555422?pwd=d0t5a2VKOVE4bIFJM0NWMTBjTEVmZz09>

Meeting ID: 999 9255 5422

Passcode: 440512.

What? – Trainer/Mediator Janet Schmidt will present for reflection her reconstruction of a timeline of events and experiences contributing to a major conflict that has disrupted our church for over two years.

Who? – We invite all who missed the September 14 in-person workshop whether you have taken sides, tried to stay neutral, or wished to forget about it. Communities need all voices to learn and heal together.

Why? – To ask: What have we learned? How can we put this conflict behind us? What can we do better when future conflicts emerge?

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First Unitarian Universalist Church of Winnipeg Covid Protocols

Covid is transmitted primarily by sharing virus-laden breath but also by contaminated surfaces.

Please observe and enforce these precautions.

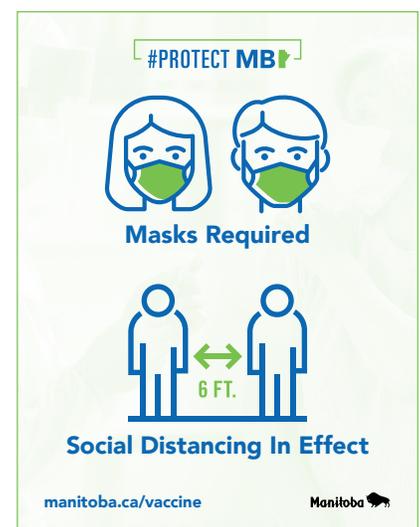
- Wear a mask indoors.
- Stay home when you are sick.
- Cover your cough / sneeze.
- Wash your hands or use alcohol-based hand sanitizer frequently.

Reduce your risk of hospitalization, intensive care, and death by being fully vaccinated.

Recommended protocols for reopening our church

- No one with [Covid symptoms](#) or recent unprotected exposure to someone with Covid should come to the church.
- Anyone entering the church to meet with others should be, and remain, masked.
- Hand sanitizer should be provided and used at church entrances, food tables, and washrooms.
- During the current surge, no food or drink should be consumed indoors, because that requires mask removal. Coffee and raisin bread can be provided outdoors, where well-spaced conversations can take place.
- During the current surge, the congregation should hum the tunes, sway, and clap but not sing, even with masks on, because of their proximity to one another.

- The choir can sing onstage separated and masked.
- Pulpit speakers may briefly remove their mask to speak and then replace it.
- During the current surge, seats in the sanctuary will be spaced with a separation of 2 seats in each row and a comparable distance between rows. Family units, however, can sit closer together.
- Donations of cash or cheques should be placed in a slotted box at the back, not in a collection plate. E-transfers can be made by smart-phone or at home.
- We will post these rules, possibly using [available government posters](#), and communicate them on our web page, weekly emails, and Communicator.
- These measures are considered social norms, mutually enforced by all rather than having assigned enforcers.



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Covenant Groups Leaders Needed (year 2022-2023)

by Janet Toews

Do you like to meet new people and talk about interesting topics?

That's what Covenant Group Facilitators do every month when they meet together with others to share ideas, insights, and perspectives on selected topics.

We need a few additional people who would like to be group facilitators this program year. Facilitators work in a team of two to prepare for monthly meetings with their group. They also attend a monthly Facilitators' group to talk about their experience and exchange ideas and perspectives of their own.

Contact Janet (brontoews1122@gmail.com) or Rev. Victoria (vingram@uuma.org) for more information or to sign up!

Celebrations Theatre

by Adina Lyon

Calling all Rock 'n Roll enthusiasts. Interested in going to Celebrations Theatre in October? The show is "**Greased**" - a parody on the movie "Grease". A four-course dinner is included in the evening shows consisting of a set soup and salad, a choice of one of four dinner entrées and a choice of two desserts. The dinner entrée choices are always beef, chicken, fish or seafood and a vegetarian selection. The latter is often pasta but the chefs like to offer something other than pasta from time to time. The matinee on October 18 is a set menu of 3 courses - salad, chicken with sauce, mashed potatoes and broccoli, with lemon pie for dessert. I'm looking at the following dates.

Evening shows arrival time is **6:15 PM**.
Friday, October 7th or Friday, the 21st - all adults \$67.95 (including tax is \$76.11)

Wednesday, October 12th - reduced prices - adults \$62.95 plus tax; seniors 60+ \$49.25 (incl. tax is \$55.16)

Matinee show arrival time is **11:00 AM**:
Tuesday, October 18th - all adults \$45.00 including tax

I'll fix a date from the first four people to respond with their date preferences. I'm partial to the matinee on October 18th which is very popular and filling up fast. Email Adina at: lyon@shaw.ca.

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Church Picnic continued



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Church Picnic continued



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Church Picnic continued



Photos from Pizza and Planning



The Communicator

Pizza and Planning



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First Unitarian Universalist Church of Winnipeg Mission Statement

We are a diverse and caring community that is loving, inclusive, responsible, and encouraging.

We are a learning community open to evidence and varied insights that encourages reflection and exploration.

We use what we learn to strengthen our relationships and our capacity.

We are a socially engaged community that works collaboratively, compassionately, and urgently for a just society and for our life-sustaining planet.

We are Caring, Learning and Socially Engaged.

Please submit materials to the editor Marjorie Doyle by email to: communicator@uuwinnipeg.mb.ca

The deadline for the November 2022 issue is:
Thursday, October 20th, 2022

The opinions of the authors are their own and do not necessarily represent those of the Board of Directors, the editorial board, the newsletter editor, or the church minister.

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