

First Unitarian Universalist Church of Winnipeg



The Communicator

May 2020



Sunday Services and Religious Exploration begin at 10:30 am (via Zoom)

The theme for May is Integrity

All services are streamed via Zoom; please check our website for the link/dial-in information: uuwinnipeg.mb.ca

May 3, 2020

We All Have Music

Service Leader: Rev. Meghann Robern,
Music Director PJ Buchan, and the First
UU Winnipeg Choir

Service Coordinator: M.C. Ziegler

The debut of our annual Music Sunday will not be stopped due to physical distancing! We will share the power of music in our lives, and feature recordings of our own congregational choir during this time when they cannot gather to be with us in person.

Hymns: 344 *A Promise Through the Ages Rings*; 289 *Creative Love, Our Thanks We Give*; 309 *Earth Is Our Homeland*

May 10, 2010

Nurturing the Spirit

Service Leaders: Rev. Meghann Robern and Director of Lifespan Faith Development Andrea James

Service Coordinator: Marian Siemens

It is important to spend time nurturing our spirit, and always doing the work of knowing who we are. Following these "stars of truth" about our ourselves on the inside helps us navigate to our own truths about how to be in beloved community with those around us.

Hymns: 344 *A Promise Through the Ages Rings*; 286 *A Core of Silence*; 293 *O Star of Truth*; 297 *The Star of Truth*

May 17, 2020

Does A Pandemic Discriminate?

Service Speaker: Devon and Pearlene Clunis

Service Leader: The Social Justice Team

Service Coordinator: M. C. Ziegler

The current global pandemic crisis has exposed a number of contemporary societal constructs. Through the eyes of their culturally sensitive books, "A Little Girl" and "A Little Boy", community builders and human right advocates Pearlene Clunis and Devon Clunis (past Chief of Winnipeg Police Services), will explore this issue, the importance of diversity and inclusion, and opportunities for personal and societal growth to realize the potential of every person to build better community.

Hymns: 344 *A Promise Through the Ages Rings*; TBA

May 24, 2020

TBA

Service Leader: Rev. Lara Cowtan

Service Coordinator: Marian Siemens

Physical barriers to the outside invite us to look inward, to explore our relationship with ourself. What insights are we gaining about who we are in the midst of this transforming reality and who do we want to be when we emerged? This

service will also feature our High School Senior Bridging Ceremony.

Hymns: 344 *A Promise Through the Ages Rings*; 292 *If I Can Stop One Heart From Breaking*; 300 *With Heart and Mind*

May 31, 2020

After the Good News

Service Leader: Rev. Meghann Robern
Service Coordinator: Dylan Fijal

"Progressive faith is at a crossroads. Liberal pulpits ring with grand sermons about the arc that bends towards justice and about progress 'onward and upward forever.' Meanwhile the people in the pews struggle to attend to the suffering of their souls and the tragic aspects of life." We will explore this book from UU minister the Rev. Nancy McDonald Ladd, to glean what it offers us as we reshape and reimagine our community for the future.

Hymns: 344 *A Promise Through the Ages Rings*; 345 *With Joy We Claim the Growing Light*; 296 *O Ye Who Taste that Love is Sweet*; 298 *Wake Now My Senses*

From the Minister's Study

by The Reverend Meghann Robern



As we enter the second month of this worldwide pandemic, we find ourselves

adjusting from the immediate reactivity of the crisis into the endurance required of a long haul. As strange as it may seem, this initial period since we began physical distancing is known, according to scientific research, as the "honeymoon period".

We have spent the last month being strong for each other, supporting each other, doing what needs to be done, even if it's hard. And now, as the pandemic continues and we are faced with many questions and unknowns, especially about how long this will last, we are at risk of our anxiety and our fear projecting into our relationships with each other and influencing the choices we make -- for the worst. Not being able to work out conflicts or disagreements in person only adds to this potential problem.

So this month I'm reminding us all of our congregational covenant of right relations:

We, the members of the First Unitarian Universalist Church of Winnipeg, confirm our Covenant of Right Relations.

As members we seek to make our church a safe place for everyone.

We acknowledge that we are different from each other. We recognize that we are enriched by our diversity and that our differences will sometimes be a source of conflict. We acknowledge that we are all responsible for our own words and actions.

- In this light we covenant to:
- Nurture a safe and welcoming community.
- Honour each other's inherent worth.
- Assume good will on the part of each other.
- Listen to each other with care.
- Speak to and about each other with respect.
- Be honest with each other.
- Talk directly to each other even if differences exist.
- Ask for help when conflict is too difficult to handle alone.

Created and affirmed by our congregation, April 2013.

This covenant is important not just between individuals, but also for the entire community. We must call each other back in, with love, when we witness behaviour that is out of covenant; the burden cannot lie solely with the one harmed. Only this way can we build *and* sustain a Beloved Community.

In gratitude and faith,
Rev Meghann

Living Our Faith

by Andrea James, Director of Lifespan Faith Development



Hello Dear Ones,
In April I returned from a four-month sabbatical. The world I retreated from in December is vastly different

now. I hope that you are all well and have adapted to this new normal. If you're working in health care, groceries, food or mail delivery, sanitation, or any other essential service while others are isolating, I send you my deepest thanks and blessings.

I greatly appreciated, and made terrific use of my sabbatical. I have enormous gratitude for all who held our Faith Development programs

A sabbatical debrief, and where we go from here

and my responsibilities in my absence. I missed you all and am so glad to be back among you, even if it is online for the foreseeable future.

While I was away, I took courses and attended workshops. I explored new spiritual practices, revived some old ones, and settled on several that feel good to me. I deepened my faith through an exploration of our UU Sources, a program which I'll be bringing to *you*, next church year. How glad I am to have developed those practices as we moved into March.

I also plan to offer the other excellent program I participated in - *Transgender Inclusion in Congregations*

- which will help us broaden our welcome. FUUW was certified as a Welcoming Congregation (welcoming to 2SLGBTQIA people) in 1996. While on sabbatical I learned about how to update our Welcoming Congregation status, so we can be recertified each year. Our spiritual practice of radical inclusion and welcome is important to who we are as a community.

It was a fruitful time away from work, and I return refreshed and rested. As I mentioned, however, much of our church world has changed. Having reconnected with many of the people and groups I work closely with, I'm now looking for ways to provide faith development online, to all ages. I'm excited to offer **Heart of the Matter**: a multi-generational ritual for breaking bread and sharing from the heart. We'll gather over a "shared" meal; there are four dates in May - come to as many as you like. Please see the Faith Development Calendar, and watch the weekly email for information about what else is coming up in May.

As I've shared with RE families, I feel that the most important ministries for our RE community right now are:

- maintaining connections & relationships among our children and youth
 - supporting parents as they try to juggle All The Things at home
 - keeping families connected to our larger church community
- If you'd like to offer your help or ideas in any of these areas, please get in touch.

In faith,
Andrea

dlfd@uuwinnipeg.mb.ca

Faith Development Notes

May

- | | | | |
|--------------|--|-----------|---|
| 2 | RE Dance Party! 1:00-2:00
Join at https://bit.ly/3awihgL | 20 | Heart of the Matter, 5:00-7:00 pm.
Join at https://bit.ly/2VR9BvT |
| 4 | Youth Night, 6:00-8:00 pm
The URL will be shared with FUUW youth
Gathered Here: CUC-hosted check-in for Young Adults 7:00 pm.
Join at https://bit.ly/2XAILE5 | 21 | Young Adult (18-35 years old) Games Night, 7:00-9:00 pm.
Join at https://bit.ly/2xFjIS9 |
| 5 | Heart of the Matter, 5:00-7:00 pm.
Join at https://bit.ly/2KsKhHy | 23 | FUUW's Got Talent, 2:00-4:00 pm.
Join at https://bit.ly/2VP8ddj |
| 10 | Connect and Deepen: CUC-hosted cross-Canada gathering, 3:00 pm .
Click here to register and learn more | 24 | Bridging ritual during the service
Gathering for Emerging Adults (18-25 ish years old), 1:00-2:00 pm.
Join at https://bit.ly/2zi3Qji |
| 14 | Heart of the Matter, 5:00-7:00 pm.
Join at https://bit.ly/2RWml39 | 25 | Connect and Deepen: CUC-hosted cross-Canada gathering, 3:00 pm.
Click here to register and learn more |
| 15-17 | Chorus (Ensemble) - National Young Adult Gatherings
Learn more & register by May 5, here | 25 | Gathered Here: CUC-hosted check-in for Young Adults 1:00 pm.
Join at https://bit.ly/2XAILE5 |
| 15-18 | CanUUdle (CazUUm!) - National Youth Con
Learn more & register by May 5, here | 27 | Elders Gathering on Zoom, 12:30 to 2:30 pm |
| 16 | CUC Annual Meeting, 11:00am – 2:30pm
Click here for information | 30 | Heart of the Matter, 5:00-7:00 pm.
Join at https://bit.ly/3buYdwD |

Board Notes

by Lauren Bailey, President



Hello everyone, this column is all about thanks and gratitude.

Thank you to everyone who pledged or who will be pledging for the

Pledge Campaign. (Or after! We accept pledges year round!) Your continued support makes our church the vibrant and inclusive faith community it is.

Thank you to everyone who is helping to create a budget for next year while we deal with an unprecedented disruption to our finances and to our operations. Thank you to everyone who do the hard work with a grace and dignity I admire so much.

More thank yous are due to our Winnipeg Harvest volunteers who are rolling with the changes and getting food to people in our community who need it most and who may be overlooked or left out of any federal or provincial aid provided.

A big thank you to the Sunday Services team for our innovative pivot to Zoom services, and to our committees and teams who have taken to online church life with little complaint. We are all doing our part to keep our population safe, no matter how hard it feels.

Did you hear that the CUC AGM on May 16 is also totally online? Our delegates are attending Zoom orientation sessions in order to discuss the issues and vote.

It's a good thing, too, because **our FUUW AGM will also be fully online, June 7 after the Sunday service.** We will be distributing information about getting your committee reports in, and how we can all attend and vote. Sadly, we cannot deliver a pizza lunch to everybody at home. Look for more information shortly on the website and the weekly email.

Finally, a huge and heartfelt thanks to Pamela Johnson, our Office Administrator, who is retiring and moving to be closer to her family. Personally, I could not have made it through my first year on the board without Pamela, and I am going to miss her so much. Sadly, social distancing means we cannot give her the in-person send off she deserves, but she goes with our love and gratitude.

Your board meets on the 3rd Tuesday of each month at 18:30 on Zoom. Are you interested in attending? The meetings are open to all church members. Exceptions for some topics will occur for confidentiality reasons.

I want to hear from you. You can contact me at president@uuwinnipeg.mb.ca.

Go Green & Save on Water Bills

by Debby Lake



Order rain barrels today!

Order online by May 18 at:

Rainbarrel.ca/UUWinnipeg

- 6 colour options
- Made from repurposed food-grade plastic
- Downspout diverters and other accessories
- As low as \$60

Truckload delivery May 29, 2020

All proceeds will be used by the First Unitarian Universalist Church of Winnipeg to support new refugee sponsorships

Questions? E-mail

FriendsofRefuge@gmail.com

From the CUC

Celebrating our Shining Lights - recognizing two of our local accomplishments

We are very excited to share that our church is being profiled nationally with nominations for a Shining Light Award for two of our key initiatives and accomplishments that we are exceptionally proud of.

Our Pastoral Care team was nominated for the great work done building "Our Caring Community". We are achieving great things together as we seek to be deeply connected and actively engaged in the ministry of caring for one another and encouraging everyone to participate in pastoral care.

And Inquiring Minds: Dialogue on Death was also nominated for demonstrating new and creative ways to engage congregation and community in life long learning and faith development with topics of meaning and relevance.



The [Shining Lights Award \(https://cuc.ca/about-cuc/cuc-awards/\)](https://cuc.ca/about-cuc/cuc-awards/) recognizes innovation and sustainability in Unitarian Universalist initiatives. Typically awarded at the CUC National conference, one of the goals for the award is to encourage recipients to share their inspirational stories so that others may imagine how they might do similar work. In 2018, the inaugural Shining Lights award was presented to the First Unitarian Church of Hamilton for their project: *Embedding Social Justice into the Fabric of Our Church Community*, and we are looking forward to an update from their team when we present the 2020 award this May. The award is commemorated with a chalice created by our very own Jo' Anne Kelly. **An Invitation: Please join a Shining Lights Award webinar, May 9, 2 - 4 pm AT.** Celebrate with us as we hear from five awe-inspiring nominations for the Shining Lights award. Learn about these congregational projects, how they were implemented and about the differences these projects made to their communities. Get inspired while you help us honour the work of these communities and of the 2020 Shining Lights Award recipient.

Help us celebrate the great things happening at our church and join the Shining Lights webinar. Further details and link to be posted soon on the CUC website and shared in our weekly email and website.

Special CUC event with renowned Winnipeg speaker Dr. Niigan Sinclair



Truth, Healing and Recognition: Pipelines, Democracy and Aboriginal Title

Join us for a conversation with Dr. Niigan Sinclair on May 24. The session is intended for non-Indigenous people who want to learn how to be in solidarity with Indigenous Nations and will explore issues around Aboriginal land title, the differences between hereditary vs. colonial leadership, the role of consent and consultation, and the various layers of justice to be considered when addressing issues such as climate action. This session is intended for settlers who want to engage in relationship building and reconciliation with Indigenous peoples and communities. Consider inviting a friend to attend and start a spin-off conversation in your community. More information and registration is available on the CUC website or on the Eventbrite page.

Purchase Tickets at Eventbrite (<https://www.eventbrite.ca/e/pipelines-democracy-aboriginal-title-with-dr-niigaan-sinclair-online-tickets-100431641744>)

Parking Lot Paving

by Liz Redston



Exciting news - we are ready to proceed with the paving of our parking lot. With the help of WSP Engineers over the last nine months we were able to get all the city permits approved, tender packages created and sent out, quotes received from three vendors and a recommendation and final decision made. The contract was awarded to Maple Leaf Construction who came in at just under \$250,000 and a good measure lower in price for the same work as compared to the other two vendors.

The project is due to start May 19th and end by July. Maple Leaf is confident they will start in May but may be a bit delayed depending on work crew availability relative to COVID restrictions. We may also be in a good position to gain some time on the work schedule as there is less need to accommodate parking for Sunday services and events during the construction process. This may even save us some money as the job is now easier to manage and equipment does not need to be moved.

It has taken us a long time to get to this important Capital Project and it could not have happened without the support and generosity of our congregation. Thank you everyone for your support and contributions.

We have raised \$163,000 from our Capital Campaign and received a Winnipeg Foundation grant of \$20,000. We have some surplus funds available and room on our mortgage to cover the balance of costs resulting in an approximate increase of \$10,000 to the annual operating budget. We know it is a challenging year for us financially - for many of us at home and for us collectively at church. It is important that we proceed with the parking lot project at this time and know that some of you may be wondering about this. We have invested significant funds into the permit process, engineering reports and have worked hard to raise capital funds for this specific purpose. And we are legally obligated to complete the parking lot within the next year and a bit as defined by the City of Winnipeg Zoning regulations. Now is the time to get this project done and we are excited to have Maple Leaf on board and ready to go.

We have accomplished a lot together over the last few years. The retaining wall and front steps were redone. We have upgraded our heating system, removed all of the asbestos from the lower level, refinished the Fireside Room and replaced all the knob and tube wiring. These are amazing accomplishments for our church and again a testament to the dedication of our volunteers and the generosity of our members. Thank you everyone for your time, talent and gifts of financial support. Together we will continue to make great things happen at our church.

Doors Open Winnipeg

by Liz Redston

postponed to September 12th



We have enjoyed hosting the Doors Open Winnipeg event over the last few years. Typically this celebration of historic buildings in Winnipeg takes place in May each year. We had opted to not participate this year in anticipation of getting our parking lot paved. And as it turns out the event is not happening in May and will hopefully now take place in early September.

Mark your calendars to help support as a volunteer host on Saturday September 12th. We usually need about 15 - 20 people. Let's hope we are able to open our doors come September.

More News from the CUC

Congratulations to Dylan Fijal who is the CUC's new Parliamentarian. The Parliamentarian advises the Board of Trustees, Executive Director and members of matters of process and procedure leading up to, and at, each Annual General Meeting. As such, the Parliamentarian needs to be well-versed in governance matters and Robert's Rules of Order, with experience in running AGMs and similar meetings.

And a big thanks and congratulations to Liv Gardiner who is wrapping up her two-year term as Youth Observer (YOB) and was responsible for representing the UU youth of Canada to the CUC's Board of Trustees.

UU Craftivism Masks and More

by Liz Redston



I hope everyone is keeping well and finding crafty outlets for their creative energy.

Our projects for **25 Million Stitches** have now been mailed to California to be a part of the larger art installation. We collected 14 pieces from people who joined back in January. 25 Million Stitches is a global initiative in support of refugee issues. Learn more at <https://www.25millionstitches.com/>

Lots of people are working on sewing masks to share with others. If you are in need of masks or want to sell or give away masks the Winnipeg Free Press website now has a listing available at: <https://www.winnipegfreepress.com/special/coronavirus/coronavirusinfo/mask-maker-matchmaker-569517722.html>. Another option for sharing masks within our church community is to post a message on "Our Caring Community". We are not able to take on a centralized distribution process



but, by using Our Caring Community, people can collaborate and work together to share masks and sewing supplies or to indicate if masks are needed. They may also offer to distribute the completed masks.

Are you looking for a simple pattern for masks? Check out <https://blog.treasure.com/diy-mask/> This site has two styles of masks, a printable pattern and link to video tutorial.

Do you want to join a charitable organization and help make masks for vulnerable people? One of the Mennonite Central Committee (MCC) groups is recruiting people to sew masks for newly settled families and will even supply the fabric and elastic if needed. The contact person is Sophia Bezopenko, Material Resources Coordinator at 134 Plaza Drive, Winnipeg, MB R3T 5K9 204.261.6381 ext 224 or email at sophiabezopenko@mccmb.ca

And one more project to consider a collaborate art quilt documenting our COVID creativity. Consider making one or more quilt squares to reflect how you are feeling now or reflect some aspect of Unitarian Universalist imagery. Easy to do and a great family activity. Size can be up to 12 X 12 inches - so smaller is OK as long as it is a square or rectangle no bigger than 12 X 12. Preferably on cotton - pieced, applique, stitched, drawn with permanent fabric markers (or something similar). If you have questions talk to Liz Redston at eliz_redston@hotmail.com



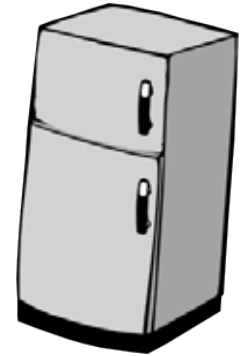
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RE-Frigerator Page



We Celebrate...

Our theme for May is Integrity. Which is a bit of a complicated word. We talk about someone having integrity when they are true to their word, when they do the right thing, even when it's hard.

But the word *integrity* really means *wholeness*. It comes from the same root as *integer*, which is a whole number.

INTEGRITY



We are whole when our insides match our outsides, when the way we speak and act is true to what we think and feel.

Now, sometimes being polite, or careful, means

that we can't, or shouldn't, say all that we are thinking. Not every thought needs to be expressed.

But when we live lives of integrity, we live from the inside out. We know the principles that matter to us, like our UU principles that every person matters, and that we are connected to all of life. And we live our lives in ways that act out those beliefs, making our outsides match our insides.

Family Quest
of the Church of
the Larger
Fellowship

May 2020



We Honor...

One fine example of a person of integrity—a person willing to risk to have his outsides match his insides, would be Rev. Louis McGee. Louis's father, who was born into slavery, was a minister with the African Methodist Episcopal (AME) church. Louis became an AME minister like his father, serving a variety of churches and as a chaplain in the military.

But what Lewis McGee believed didn't match up with what he was asked to preach. Lewis was a minister in a Christian church, but was himself a humanist. He did not believe in God. He believed that people are called to care for one another because that is the good and right way to be, not because anything be-



yond humanity requires it.

And so eventually McGee decided to go to Meadville Lombard School to study to become a Unitarian minister. As a Black man in a largely white denomination, he knew that it could be very difficult to find a congregation that would choose

him as their minister. And he knew that other Black folks who shared his humanist views might well not feel welcome or at home in predominantly white congregations.

But Lewis McGee was convinced that he could have a ministry of full integrity, embracing all of who he was. After he graduated from Meadville Lombard he founded the Free Religious Fellowship, a largely Black congregation on Chicago's South Side. He went on to serve Unitarian churches in Flint, Michigan; Los Angeles and Chico, California.

While very little around him encouraged it, Lewis McGee had the courage to live out the full integrity of his life and beliefs.

Talk About It!

- ☉ What is a way that you wish you could share more of your authentic self?
- ☉ Who is someone you admire for their integrity?
- ☉ When was a time that it was difficult for you to act with integrity? What did you do?
- ☉ What might you change in your life if you were focused on living with integrity?

Act...

One of the ways that people express integrity is around gender—whether a person identifies as a boy, a girl, neither, or both, or something in the middle. We tend to make assumptions about people's gender based on what we can see from their outsides. But what we see about another person is never the whole picture.

It could be that what you know about who you are inside doesn't match up with what other people assume about you based on your outsides. It can be really hard and scary to be clear about who you are

inside when others might not listen or respect that. And sometimes it's hard to adjust your assumptions when someone tells you that what you thought about their gender is not true for them inside.

But we can all make room for people to live with integrity. We can honor what our insides tell us about who we are, whether or not other people are good at listening. And we can get better at listening, so that our friends and the people we meet have an easier time being authentic with us.

One simple thing you can do is to get in the habit of asking and identifying pronouns when you meet someone. "I'm Jesse. I use the pronoun she." "I'm Darshon, I use the pronoun he." "I'm Chris. I use the pronoun they."

Telling people what pronoun you use not only is an expression of your authentic self, it's also an invitation to the other person to be authentic with you, knowing that you will listen.

Nurturing the Spirit

One essential part of living a life in which your insides match up with your outsides is paying enough attention to your insides that you have a chance to figure out what you really think and feel, rather than just reacting to what other people do and say.

It's important to listen to others, but it's also important to listen to yourself. You can nurture your spirit by doing a self check-in. It's especially helpful when you need to make a hard decision, but is a good thing to practice pretty much any time.

- Take a breath.
- Check in with your body. What feels tense?
- Check in with your heart. What are you feeling? What worries you? What excites you?
- Check in with your mind. What are your thoughts on the subject? What more information might you need?
- Check in with your spirit. What calls to you? What moves you toward your best self?

Going to the Sources

The second of the Sources of our living tradition is:

~~~~~  
Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love  
~~~~~

We draw inspiration from people throughout the ages who have boldly lived out their own authentic

lives, giving us models for how to live a life of integrity. In its fullest sense, integrity is not only about making sure that what you do lines up with what you believe; it also includes recognizing that we all participate in systems that also need to operate with integrity.

For instance, if your government says that it exists to "promote the general welfare," then people of integrity will work to make sure that the government lives up to its



promise to try to make things better for all people, not just some. Prophetic people call us not only to live with integrity ourselves, but to also demand integrity from the "powers and structures" that we belong to.

Read more about Lewis McGee at: <https://www.meadville.edu/ml-commons/details/lewis-mcgee-dd-1949/>

Talking with young children about gender: <https://www.plannedparenthood.org/learn/parents/preschool/how-do-i-talk-with-my-preschooler-about-identity>

UU Summer Camp

by Liz Redston

UU Summer Camp - 10th Anniversary and now for something completely different

Mark your calendars for our usual UU Summer Camp Weekend on August 21, 22, 23 but stay tuned for further details about what, where, and how this might happen.

At this point in time we are not certain what the options will be for group gatherings and we want to keep the planning process simple. For this reason we are looking at how to possibly host a camp-out at our very own beautiful riverside property.

If we are able to congregate, imagine tenting in our own backyard and having a campfire and hosting our coffee house. And for

those people who have been challenged by distance or shy to take on tenting, this might be an interesting new option for joining in more easily. Sleeping could happen in the church building a la "youth conference style". And we would enjoy the amenities of our own lovely kitchen and bathrooms.

So.... not quite certain yet what August will bring us in terms of allowable group gathering, but mark your calendars and hold the date. We are ready to try something new and completely different - which seems in keeping with our year so far and maybe a wonderful way to celebrate our 10th Anniversary of Summer Camp.



Please submit materials to the editor Marjorie Doyle by email to: communicator@uuwinnipeg.mb.ca or 204.663.2126

The **deadline** for the **June 2020** issue is:

Wednesday, May 20, 2020

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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