



Seeds: The Stuff and Staff of Life

Rev. Steven Epperson

November 25, 2018

UNITARIAN CHURCH OF VANCOUVER



At the front of the church you will find unlit candles. You are welcome to light a candle in remembrance, in gratitude, in prayer, in celebration.



*The prelude helps to create a spirit for shared celebration and worship.
Please refrain from conversing and please turn off your cell phones.*

Warm Welcome!

Please visit our Visitors' Table in the Sanctuary foyer and get a nametag. Drop by the Welcome Table in Hewett Centre after the service and stay for coffee or tea and friendly conversation. Learn about our congregation. Look for people wearing yellow nametags, who are welcoming you today.

The seats in the rear of the church are **reserved**: (when facing the front) left side for those needing to slip in and out of the service, and right side for persons in wheelchairs & strollers. The UCV Campus is a non-smoking environment.

TODAY AT UCV

MEDITATION: Join us for the Sunday morning sitting meditation at 10 – 10:45 am in the Meditation Room. There is brief guidance at the beginning of each sit. Inquiries: victoriaoginski@gmail.com

SERMON DISCUSSION, 12:15 – 12:45 pm at a designated table in the Hall. Newcomers/regulars welcome!

LUNCH TODAY will be provided by the UCV Youth group.

FORUM: 12:30 – 1:30 pm in Fireside. The newly formed UCV Genders and Sexualities Alliance will share information about plans to recertify as a Welcoming Congregation in 2019. We are pleased to have received a \$500 grant from the West Bequest to support this work. Ask questions. Share your thoughts and ideas. Qmunity will have an information table in the hall following the service. (See alcove bulletin board for their Queer Glossary booklet. Available by download here: <https://qmunity.ca/learn/resources/>.)

CURRENT ART EXHIBITION: M. Carscience: *The Light of All Things*. A collection of abstract light paintings. The images are made with a technique the artist calls “experimental optics,” curious experiments with digital photography and disassembled camera lens parts, which transforms the light of our illuminated environment into tableaus that challenge perceptions and invite the imagination to explore new realms.

Families with Children, Welcome!

Our Director of Religious Exploration, Kiersten Moore, coordinates a team of staff and volunteer teachers to provide programming for children (up to age 12) and youth (secondary school age). We build community, explore traditions and spiritual practices, ask big questions, and nurture individual power to bring love and justice forward. Visit our website for more information www.vancouverunitarians.ca or email Kiersten at dre@vancouverunitarians.ca There are many volunteer opportunities within the program and it is a great way to be involved, deepen spirituality, and build connections.

Buddy Bags with a small stuffie, themed colouring book, and crayons are available in the foyer for use during the service. Please return them to the basket at the end; you may keep the colouring book. There is also a playroom for family use across from the kitchen in Hewett Centre.

Nursing parents are welcome in any part of our building. If you wish for more privacy there is a comfy chair and a rocking chair in the Hewett Hall playroom.

Children and Youth on Sundays

Everyone begins the morning together in the sanctuary for the first 10-15 minutes of worship through the *Story for All Ages*. The First Sunday of each month everyone remains in the Sanctuary for worship together (nursery care is available during all-ages services), 2nd to 5th Sundays children (up to 12) and youth (13-19) continue their Explorations across the courtyard in Hewett Centre.

Responsible adults must pick up children under age 9 from their classroom at 12:15 pm, Youth Group runs until 12:30 pm, older children and youth will be released to meet their family in the hall for coffee hour. You may join your child in Explorations, but we encourage giving them their own time whenever possible.

Colour Buttons Identify Teachers and Advisers

Orange: Toddler Watch--attending to babies and children under 4 within the Children's Program.

Green: Children's Program Leaders and Assistants

Yellow: Youth Advisers

Children and babies are always welcome in our worship services. To parents and responsible adults, we offer some tips to help you and your children be at ease:

- Mother Nature put the wiggle in children; don't feel you have to suppress it in our church.
- Sit towards the front where your child can see what is going on; backs of heads are boring! Help your child by being a role model.
- Gently and quietly explain what is going on, how people are listening or participating.
- Answer your child's questions with a quiet whisper—they often whisper back.
- Encourage your child to work with their Buddy Bag to help them concentrate on worship.
- If your child needs to leave the service, please feel free to come back. We believe children belong in sacred spaces.
- The service can also be heard in the foyer and in Hewett Hall where a playroom is open for your use.

Celebration of Worship: November 25, 2018

Prelude	<i>Country Gardens Variations</i>	E. Dainow, arranger E. Dainow, piano
Opening Words/Greeting Our Neighbours		Rev. Steven Epperson
Kindling the Chalice Flame		Rev. Steven Epperson
Invocation	<i>Come and Find the Centre</i>	With the Chalice Choir
Opening Hymn	<i>#203 All Creatures of the Earth & Sky</i>	
Story for All Ages		<i>Read by Rev. Steven Epperson</i>
	Let's sing the children out " <i>Go now...</i> "	
Announcements		Ursula Litzcke
Reading from the Book of Celebrations and Concerns		Ursula Litzcke
Offering: <i>We deeply appreciate your presence here, your offerings and the gifts you share.</i>	<i>Oats / Inch</i>	E. Dainow, arranger With Kat Vriesema-Magnuson & E. Dainow
Meditation, Spoken then Silent		Rev. Steven Epperson
Musical Response/Anthem	<i>Hope</i>	By Y. Barnwell With the Chalice Choir Solo: Beth Breisnes
	Seeds: The Stuff and Staff of Life Rev. Steven Epperson	
Closing Hymn	<i>#207: Earth Was Given as a Garden</i>	
Extinguishing the Chalice Flame		
Valediction	<i>Carry the flame of peace and love, until we meet again. Carry the flame of peace and love, until we meet again</i>	

UCV COMMUNITY EVENTS

SACRED CIRCLE DANCE: Monday, Nov. 26, 7 – 8:30 pm, Hitschmanova. Come and try it out. We do just 4 dances and repeat them. Small group. No experience or partners needed. circledanceucv@gmail.com RSVP appreciated but not required.

CO-OP HOUSING DISCUSSION: On Saturday, December 1, we will host experts from the Co-op Housing Federation (CHF BC) and Catalyst Community Development Society to help inform our discussion of how co-op housing might work as part of a UCV Re-development plan. Please join us from 1 – 4 pm in Lindsey Priestley.

DECEMBER 2 FORUM: *BC Government LNG Expansion* with Eoin Finn. Recently the BC Government announced a \$40B LNG expansion on BC's North Coast, with other LNG projects in process including one just north of Bamfield. What are the potential impacts of fracking, pipelines and large LNG tankers? What does this mean for our coastal waters, land and environment, and for meeting BC's Climate Action Plan? Eoin Finn has spent the past several years researching safety, climate, environmental and economic aspects of BC's proposed fossil-fuel projects, including gas & dilbit pipelines and LNG plants. His combination of scientific and business credentials and experience give him a unique perspective on the trade-offs involved in fossil fuel and other energy projects. Presentation followed by Q&A. Sponsored by the Environment Team.

CHALICE CHOIR ANNUAL ADVENT CONCERT: *Dark Night, Luminous Night*. Join the Chalice Choir for a concert of seasonal music, featuring works by Ola Gjeilo, a modern Norwegian composer, and a singalong of Christmas favourites. Childcare provided. Reception to follow. Sunday, Dec. 2 at 7:30 pm, Sanctuary. Please remember that this is the choir's main fundraiser of the year and supports the choir's participation in our Sunday services. Invite your friends! Tickets: \$20 (Low income – pay what you can.) Available from any choir member or at the door. Note: tickets will be on sale TODAY after church in Hewett Centre.

REFUGEE COMMITTEE FUNDRAISING DINNER: The refugee committee is sponsoring a fundraising dinner for our newly arrived Syrian family on Thursday, December 6 at 6:30 pm at Tapestry, 3338 Wesbrook Mall. A Middle Eastern Meal will be served and you will hear more about our family and how they are doing now. The price is \$50.00 and you will get a tax receipt for \$25.00. For tickets please contact Hanno or Huguette. Should anyone be interested in a tour of Tapestry, Hanno will be pleased to show you around. Simply come half an hour early, but you must advise Hanno of this.

PRACTICING INTERACTIVE THEATRE FOR LIVING: We meet monthly to practice techniques in interactive, improvisational theatre. Anyone welcome! Wear comfortable clothes and be prepared for fun and insight. Next practice: Saturday, December 8, 9:30 am - 12:30 pm, Hitschmanova. RSVP to host, Rev. Meg Roberts to confirm practice, 778- 870-9015 or mroberts@uuma.org.

HOLIDAY WREATH MAKING: Join us in making wreaths and swags to decorate the sanctuary for the festive season. Saturday December 15, 2018, 9:00 – 11:00 am, Lindsey-Priestley Room, Hewett Centre. Bring garden gloves and clippers, if you have them. Greenery and decorations provided but feel free to contribute your own. Coffee/tea/snacks provided. Further information contact Dianne Crosbie dcrosbie@uniserve.com.

GREEN FUND HOLIDAY ARTISAN MARKET & CRAFT FAIR: Sunday, December 16, 10 am – 2 pm and 6:30 – 9 pm. Come find quality hand-made gifts and help support our Green Fund. Artisans are mostly from our own congregation. Visit us on Dec. 16 before and after the morning service and before and after the evening Candlelight Service. 10% of proceeds go to the Environment Committee Green Fund that supports greening the church and other worthy environmental projects.

UCV WOMEN'S GATHERING: Our annual women's gathering including art workshops, potluck, swap meet, circle dance and more will be January 13. Save the date and watch the calendar for updates. If you can volunteer to help with registration and promotion, please contact maryinvancouver@gmail.com.

UCV COMMUNITY ANNOUNCEMENTS

DECEMBER AT UCV: This is likely the biggest month of the year for visitors and guests. Please let's all welcome others. Remember: It works better to say: Hi, I'm (so and so). I don't think we've met yet. Rather than: Are you new here? There are tales of people responding with: I've been here for 20 years! From the Connect & Engage team

PHOTOS NEEDED of the many December events we host. Do you have photos from past years of pageant, wreaths, craft fair, choir concert, etc. And if not - would you be willing to snap a few on your phone for use on our Instagram, website and Facebook?

GREETERS NEEDED for two evening events in December. Margo and Denise invite you to join them in welcoming members of the congregation and many visitors to the Candlelight Service on December 16th, and to the Christmas Eve Celebration on December 24th. We hand out the Order of Service and take up the collection. These are very special occasions, and our contribution is an important one. If you can help, please contact Denise at ditzah@telus.net, or Margo at margoe@telus.net and indicate which evening you are available. Thank you!

UCV REDEVELOPMENT BUSINESS PLAN: Join the planning! This work will contribute to the decision by members next June as to whether or not to proceed with redevelopment. An informational note is available at the office about how the various redevelopment focus groups work and who has joined already. Contact Gordon Gram (gordongram@me.com) and/or Michael Clague (mclague@telus.net) for more information.

INSTAGRAM: Yes, we are now on instagram as @vancouverunitarian! Please follow and tell your friends. We'll be using hashtags like #uuyouth #uuf flamingchalice #uusingingthelivingtradition #uualgbtq You'll find lots of other interesting posts from those searches too. Are you an instagrammer? Please send Mary a note as we're building a team. sharingucv@gmail.com

E-NEWSLETTERS: As well as the monthly e-news sent out near the beginning of each month, we do occasional messages with a focus. On Monday November 26, we'll be sending out our first Music & Arts e-newsletter. You can sign up for any and all e-newsletters here: vancouverunitarians.ca/newsletter

NOVEMBER'S LOVE SOUP last Sunday was a big success! Thank you very much for coming to enjoy a communal lunch just before the AGM. A big thank you goes out to all the committed helpers for cooking delicious soups, baking yummy desserts, cutting veggies & preparing salad, serving lunch and doing a mountain of dishes! Because of ALL of YOU, Love Soup can keep on going! Our next Love Soup will be on the third Sunday, December 16!

UCV NEIGHBOURHOOD GROUPS:

- New Westminster: Rob Dainow (rdainow@shaw.ca)
- East Vancouver: Mairy Beam (mairyelesbea@gmail.com) and Paul Prescod (paul@prescod.net)
- Westside: Jeannie Corsi – contact ucvconnect@gmail.com
- Fairview/False Creek – Vivian Davidson (vdavidsonsc@gmail.com)

Is your neighbourhood not listed? Would you like to meet Unitarians who live near you? Contact Mary Bennett ucvconnect@gmail.com for help at connecting with your neighbours.

DROP-IN PING PONG is being planned as a weekday morning activity at UCV for a group forming now. Registration is required. Please email George Atherton – notrehta@gmail.com – to find out more.

PAGANISM 101 is full and well underway. BUT the monthly EARTH SPIRIT circle is open to all - on the 1st Tuesday of each month 6 – 7 pm Hitschmanova. Want more information? earthspiritucv@gmail.com

MR. SHARP (CLARENCE PHELPS) sharpens all knives, scissors, garden tools, etc. He is setting up shop in Hewett Centre after the service on Sunday, December 16. This is a once-a-year opportunity to bring whatever you want sharpened, wit included.

2019 MULTIFAITH CALENDARS are now on sale! Pick up one of these beautiful calendars at the book stall in Hewett Hall and mark a couple gifts off your list at the same time. \$15 each or 2 for \$25. All proceeds go to **benefit UCV's children's programs** and the Multifaith Action Society.

UCV CARE AND CONCERN ANNOUNCEMENT

A new way to reach out in time of need: If you or others in the congregation are in need of support in times of transition, loss, illness, moving, etc., please contact: careandconcern@vancouverunitarians.ca. Sincerely, Rev. Steven Epperson

OUTSIDE EVENTS

UU WOMEN'S RETREAT: Save the Date! February 8th to 10th, 2019 (Friday dinner to Sunday lunch) at the Bethlehem Centre in Nanaimo. Special rate of \$215.00 includes 6 delicious meals, private rooms, and a main room for activities. Expect connection with other women, several discussion circles to choose from and time for yourself. There is a 6 km walking trail and a Chartres-sized labyrinth. Expect spiritual renewal at this special place and time. NOTE: There are 4 accessible rooms available.

Do you receive our e-newsletters? If not, please go to vancouverunitarians.ca/newsletter to view recent newsletters (and sign up to receive in your inbox.)

THANK YOU TO THE SUPPORT TEAM TODAY:

COFFEE SET UP AND SERVERS

Karen Hertz, Amy Megumi Anderson, Ingrid Luters

LUNCH

UCV Youth Group

FLOWERS

Carolyn Innes

LIBRARY AND LITERATURE STALL

Aphrodite Harris, Hilda Wiebe

SOUND

Rob Greig

GREETERS

John Smith, Greg Grant, Denise Nereida

WELCOME AND INFORMATION TABLE

Alison Pearson, Eleanore Dunn

CARETAKER(S)

Matt Yeung, Igor Santizo

Next Sunday Service: December 2, 2018

Hope – An All-Congregation Worship Service



Our Vision

Because we envision a more compassionate world, we seek to deepen our spiritual and religious lives, grow and enrich our congregation, and advocate for love and justice.

Living Our Vision

As Unitarians, we are dedicated to spiritual growth, social justice, and reverence for nature and all life. We embody these values through worship, ethical action, artistic expression, and religious education for all ages that aim to connect hearts, heads, and hands. Our congregation welcomes all ages, orientations, abilities, and identities in our joyous search for meaning.

MINISTER AND STAFF

PARISH MINISTER

Rev. Steven Epperson

COMMUNITY MINISTER

Rev. Laura Imayoshi

DIRECTOR OF RELIGIOUS EDUCATION

Kiersten Moore

CHOIR DIRECTOR

Donna Brown

MUSIC DIRECTOR

Elliott Dainow

CASUAL CARETAKERS

Ben Yeung, Paul Nash, Igor Santizo,
Edgar Silveira, Vivian Davidson, Eric Sun

RE STAFF

Doug Ennenberg, Jannika Nyberg

YOUTH COORDINATOR

Olivia Hall

CONGREGATIONAL ADMINISTRATOR

Aurora Eyolfson

OFFICE ASSISTANT/ ORDER OF SERVICE

Marcus Hynes

BOOKKEEPER

Collene Harris

LAY CHAPLAINS

Laureen Stokes, Cheryl Amundsen,
Louise Bunn

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Facebook: facebook.com/vancouverunitarians.ca

To subscribe to the email version of the *UCV Events & Order of Service*, go to
www.vancouverunitarians.ca/newsletter.