



## **Finding Balance**

Kiersten Moore & Rev. Steven Epperson

*May 5, 2019*



# 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.



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

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## *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](mailto:victoriaoginski@gmail.com)

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

**FORUM:** *Protection of Ancient Forests.* 12:30 pm in Fireside. Presented by Andrea Inness, Ancient Forest Alliance forest campaigner. Mythical, awe inspiring, ecologically rich, and endangered, old growth forests are unprotected by legislation. Come and see, hear of their extent and biological richness. Presented by Environment Team.

**COMPUTUTOR:** May 5th noon to 1 pm in Lindsey Room with resource people Paul, Galen and John.

**MAYPOLE & CIRCLE DANCE:** Maypole dancing before and after the service 10:30 – 11 and 12 – 12:30 pm. Circle Dance – Maypole dancing starting at 2 pm in the courtyard and then continuing with other dances in Hitschmanova.

**ART SHOW:** *Free to Be... Me!* This year's Children's Art Show was inspired by a project we did in March around the transgender day of visibility. They talked about what it means to be an individual and the importance of being free to express yourself and not hide who you really are. Each child had the opportunity in April to create a portrait of themselves in any way that spoke to them. Here are self-portraits of many children in our Religious Exploration program. Portraits in words, pictures, symbols, and colour. Each personal to the individual artist. I hope you enjoy this small peek into our children's creative reflection of themselves.

**CHALICE CHOIR SPRING CONCERT:** Donna's Favourites! Donna Brown is celebrating her 20th year as the Chalice Choir director and our spring concert will feature many of her best-loved pieces. We'll sing a Josquin Kyrie, a UU Credo, a song featuring a whale solo and much more. 7:30 pm in the Sanctuary. Childcare provided. Reception to follow. Tickets: \$20 (or pay what you can.) Available at the door.

## ***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 at [www.vancouverunitarians.ca](http://www.vancouverunitarians.ca) or email Kiersten at [dre@vancouverunitarians.ca](mailto: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), 2<sup>nd</sup> to 5<sup>th</sup> 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 families 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: May 5, 2019

<b>Prelude</b>	<i>Sunrise, Sunset As the Sun Sets Twilight</i>	Jerry Bock Mortimer Wilson Nikolay Stcherbatcheff E. Dainow, piano
<b>Opening Words/Greeting Our Neighbours</b>		Rev. Steven Epperson
<b>Kindling the Chalice Flame</b>		Rev. Steven Epperson
<b>Opening Hymn #1059</b>		<i>May Your Life Be As a Song</i>
<b>Story for All Ages</b>		Told by Kiersten Moore
<b>Announcements</b>		Mairy Beam
<b>Reading from the Book of Celebrations and Concerns</b>		Mairy Beam
<b>Offering:</b> <i>We deeply appreciate your presence here, your offerings and the gifts you share.</i>	<i>Night &amp; Day</i>	Cole Porter E. Dainow, piano
<b>Meditation</b>		Rev. Steven Epperson
<b>Musical Response</b>	<i>To the Rising Sun</i>	Trygve Torjussen E. Dainow, piano

## Finding Balance

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<b>Closing Hymn #1074</b>		<i>Turn the World Around</i>
<b>Closing Words and Extinguishing the Chalice Flame</b>		Rev. Steven Epperson
<b>Valediction</b>	<i>Carry the flame of peace and love, until we meet again. Carry the flame of peace and love, until we meet again.</i>	

*A Reminder: please bring flowers for next week's Flower Communion service!*



## UCV COMMUNITY EVENTS

**REDEVELOPMENT NOTES & MAY 8 FORUM:** The committee and related work groups have determined that June is too soon for a vote on this complex issue. There will be an update at the EGM but any vote is deferred until sometime in the fall. For the next in our series of forums, this one to focus on delivery and tenure models and the evolving financial proforma, please come to an evening meeting on May 8, 7 - 9 pm.

**TUESDAY EARTH SPIRIT CIRCLE:** Celebrate Beltane (May Day) with Mairy Beam, 6 – 7 pm in Hitschmanova and then Maypole dancing for 7 – 9 pm (regular 1<sup>st</sup> Tuesday circle dance).

**WEST OF MAIN ART WALK:** UCV members Mary Bennett, Karen Brumelle and Louse Bunn are all participating in the West of Main Art Walk. Opening Thursday, May 8 at Roundhouse; open studios Saturday & Sunday, May 10 & 11. Check [artistsinourmidst.com](http://artistsinourmidst.com) for map and details.

**POSTER WORKSHOP:** Make Great Posters for your team's events. Saturday, May 25 from 1 – 4 pm with UCV Office Assistant and graphic designer [Marcus Hynes](#).

**IMPROVE YOUR TEAM'S WEB PRESENCE:** Saturday, June 8, from 1 – 4 pm with Luke Zukowski. (This is Level 3 – at least one of your team needs to be able to post news and events).

**PRACTICING INTERACTIVE THEATRE FOR LIVING:** We meet to practice techniques in interactive, improvisational theatre. Anyone welcome! Wear comfortable clothes and be prepared for fun and insight. We won't be meeting on May 11 so our last practice before summer break will be: Saturday, June 8, 9:30 am – 12:30 pm in Hitschmanova. Would you like more info? Contact Rev. Meg Roberts, 778- 870-9015 or [mroberts@uuma.org](mailto:mroberts@uuma.org).

**UCV'S THIRD COMPASSION CIRCLE – 2019:** Want more compassion in your world? Consider UCV's Third Compassion Circle (practicing Compassionate Communication, CC) plus the Compassion Course Online 2019 from New York (receiving 52 weekly emails covering CC concepts we then practise in the Circle). The 2019 Circle's 1st session is on June 23rd, 9:30 - 10:55 am in the Fireside Room. It will thereafter meet on the 4th Sunday each month 12:30 – 2 pm in Lindsey-Priestley. Please contact Sheila R. at [sresels@gmail.com](mailto:sresels@gmail.com) or Cindy Cashin at [cindy\\_returns@yahoo.com](mailto:cindy_returns@yahoo.com) to register prior to May 31st. Registration is required.

## UCV COMMUNITY ANNOUNCEMENTS

**OUR MONTHLY E-NEWSLETTER** went out this week. If you didn't receive it and would like to, sign up here: <http://vancouverunitarians.ca/blog/newsletters/>

**THE EARTH HAS A SOUL--NATURE WRITINGS BY C.G. JUNG:** We are starting a new small group on the 4th Sunday of each month 12:30-1:30 pm. Each session will focus on a chapter from this book and the process will use covenant group guidelines of check-in, sharing, deep listening (rather than debate or discussion). Leadership will rotate. Contact Mary if you want to register or learn more: [earthspiritucv@gmail.com](mailto:earthspiritucv@gmail.com). As with covenant groups, once we reach 10 members, the group will be closed.

**ZERO-WASTE TEAM UPDATE:** We've installed separate garbage/landfill containers in washrooms. The paper towels will be composted so please put nothing except paper in the big bins. Note that food waste in green containers goes into our black bins to feed the worms that eventually feed the gardens. We are working on improving recycling in the kitchen and reducing the size of garbage/landfill bins to encourage recycling. Questions? Feedback? Suggestions? Want to help? [zerowasteucv@gmail.com](mailto:zerowasteucv@gmail.com).

**OPENINGS FOR 1-2 MEMBERS IN THE HUMAN RESOURCES COMMITTEE:** Do you have experience and knowledge about human resources issues? Would you like to join a committed group of HR committee members? Help us contribute to making our UCV workplace a positive, satisfying experience for staff, members and the general public. Contact Sheila R., chair of the HR Committee at [sresels@gmail.com](mailto:sresels@gmail.com).

**KAREN HERTZ** is looking for someone dependable to share her fully furnished and clean 1 bedroom apartment in the West End for at least 5 months (and possibly longer) beginning this June. Rent is \$750 a month, plus a one-time deposit. The balcony faces English Bay and there is a washer & dryer on every floor. For more information, please contact Karen at [karenhertzwestend@gmail.com](mailto:karenhertzwestend@gmail.com).

**BE A UCV CONNECTOR:** Are you a friendly person who could help people newer than you to find their way around UCV? UCV Connectors are matched up with new people who have completed our online survey saying they'd like more information about various aspects to Unitarian life. The survey is at: <https://tinyurl.com/ucvwelcome>. Contact Mary at [ucvconnect@gmail.com](mailto:ucvconnect@gmail.com) if this sounds right for you.

### **UCV NEIGHBOURHOOD GROUPS:**

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

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

**WHERE IS THE PHONE NUMBER?** If a printed announcement, a poster, or some other document doesn't include a phone number to call to find out more and you don't do email or whatever, just call the office – (604) 261-7204 – and ask for me to call you back. —George Atherton

## OUTSIDE ANNOUNCEMENTS

**FARMERS ON 57TH CSA BOXES:** Sign up for a weekly box of organically grown produce from Farmers on 57th from late May to mid-October (20 weeks) for \$30/week. Weekly and bi-weekly flowers are available as well. More details at [www.farmerson57th.ca](http://www.farmerson57th.ca).

**UCV CARE AND CONCERN COMMITTEE**

A 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](mailto:careandconcern@vancouverunitarians.ca). Sincerely, Rev. Steven Epperson

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

**Next Sunday Service: May 12**

***Mothers' Day and Flower Communion***

*Rev. Steven Epperson*

(Please remember to bring some flowers!)

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**THANK YOU TO THE SUPPORT TEAM TODAY:**

**COFFEE SET UP AND SERVERS**

Karen Hertz, Catherine Stewart, Pat MacBain

**FLOWERS**

Catherine Stewart

**LUNCH**

Taco Fiesta (Cinco de Mayo)

**LIBRARY AND LITERATURE STALL**

Jean Stanton, Lindsay Udem

**SOUND**

Rob Taylor

**GREETERS**

Ursula Litzcke, Gerda Schulz, Margo Elfert

**WELCOME AND INFORMATION TABLE**

Huguette Hayden, Karin Hall

**CARETAKER(S)**

Paul Nash, Igor Santizo

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**Text-to-Give!**

Did you know that you can now donate to UCV via text message? Simply text an amount to 778-771-1707 to get started today, or visit <http://bit.ly/2VFEWDS> for more information!



We actively welcome people of all sexual orientations and gender identities!

## 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

<b>PARISH MINISTER</b>	Rev. Steven Epperson
<b>COMMUNITY MINISTER</b>	Rev. Laura Imayoshi
<b>DIRECTOR OF RELIGIOUS EDUCATION</b>	Kiersten Moore
<b>CHOIR DIRECTOR</b>	Donna Brown
<b>MUSIC DIRECTOR</b>	Elliott Dainow
<b>CASUAL CARETAKERS</b>	Ben Yeung, Paul Nash, Igor Santizo, Edgar Silveira, Vivian Davidson, Matt Yeung
<b>RE STAFF</b>	Doug Ennenberg, Jannika Nyberg
<b>YOUTH COORDINATOR</b>	Olivia Hall
<b>CONGREGATIONAL ADMINISTRATOR</b>	Aurora Eyolfson
<b>OFFICE ASSISTANT/ ORDER OF SERVICE</b>	Marcus Hynes
<b>BOOKKEEPER</b>	Gordon Lowe
<b>LAY CHAPLAINS</b>	Lauren Stokes, Cheryl Amundsen, Louise Bunn

**Office Hours:** Monday to Thursday, 9:30 am to 2 pm; Friday, 9 am – 1 pm (by appointment);  
Sunday, 10 am to 1 pm | **Telephone:** 604-261-7204

**Email:** [info@vancouverunitarians.ca](mailto:info@vancouverunitarians.ca) | **Web:** [www.vancouverunitarians.ca](http://www.vancouverunitarians.ca)

**Facebook:** [facebook.com/vancouverunitarians](https://facebook.com/vancouverunitarians) | **Instagram:** [instagram.com/vancouverunitarian](https://instagram.com/vancouverunitarian)

To subscribe to the email version of the *UCV Events & Order of Service*, go to  
[www.vancouverunitarians.ca/newsletter](http://www.vancouverunitarians.ca/newsletter).