



UCV EVENTS JULY 2016

The congregation gathered on the six-month anniversary of the Copenhagen summit with the message "SACRED EARTH / SACRED TRUST" to support the Our Voices initiative.

Photo credit: Gail Stephan

Worship Services

July 3

How Can I Not Feel Like That Again?

Rev. Meg Roberts

When I'm feeling frustrated/angry/sad, and someone tells me, "Cheer up!" I just want to slug them! How can I help myself when I am feeling things that I don't want to feel? There are lessons from mindfulness practices and science that can help us find a way forward in working with our emotions.

Rev. Meg Roberts has just finished her fourth year as Consulting Minister with the Comox Valley Unitarian Fellowship. She lives in Vancouver and is continuing her work on *Spirit Arts*, workshops using creativity in our spiritual explorations.

Music: Nancy McMaster

July 10

Reverence and Revelry

Rosemary Morrison

How can revelry benefit us? What makes the act of merrymaking part of the human experience?

Perhaps letting loose once in a while is good for us. Come explore revelry from a few different angles. Be prepared to laugh and have some fun while we're at it!

Music: Ailsa Zaenker

July 17

Packing a Spiritual Toolbox for Vulnerable Times

Rev. Helen McFadyen

A weaving of true reflections about individuals who have moved through challenges, barriers, and existential crises. What's in your Unitarian spiritual toolbox for difficult times?

Rev. Helen McFadyen is the Developmental Minister with the UU Fellowship of Kamloops. She is in a Doctor of Ministry program. Her research focuses on developing a spiritual exploration program for elder UUs. She is a member of EqUual Access which is a UUA-affiliated member organization of people living with disabilities, their families, friends, and allies.
<http://www.equalaccess.org>

She claims she owes much of her independence and enthusiasm for life to her guide dog, Camilla. Helen enjoys swimming, hiking, concocting new vegan dishes, and playing native flute.

Music: Kathy Bjorseth

July 24

The Dreaming World

Vi Pilar and the Dream Work Group
It's about dreams!

Music: Ailsa Zaenker

July 31

Eating Matters: Making A Difference In The World

David Steele

One of the most powerful ways in which we can influence the world for good or ill is by carefully choosing what we put in our mouths.

From the lives of farmed animals to the degradation of the environment to

UNITARIAN CHURCH OF VANCOUVER MISSION STATEMENT

We are a community of diverse beliefs and shared values. In fellowship with one another, we seek spiritual growth, social justice, and environmental sustainability through worship, ethical action, education, and artistic expression. We welcome all who would join this compassionate and visionary community.

Sunday Mornings

Schedule

10:00 am Meditation
10:45 am Musical prelude
11:00 am Worship service
Coffee & conversation in Hewett Centre before & after.
12:00 pm Lunch served
12:30 pm Forum in Fireside room
1:00 pm Library closes

Child Care

Children's programs begin after story time in the Sanctuary.

ensuring that the poorest among us are able to feed themselves, our food choices have enormous repercussions.

Let's choose to do good when we eat.

Music: Barry Yamanouchi



CALENDAR for July and August

Weekly

SUNDAYS

10:00 – 10:45 am	Meditation, Meditation Room
10:45 – 11:00 am	Musical prelude, Sanctuary
11:00 – 12:00 pm	Worship Services, Sanctuary
12:00 – 1:00 pm	Coffee and Conversation, Hewett Centre

July

Sun. 3	12:30 – 1:30 pm	Forum, Fireside Room
Tues. 5	7 – 9:30 pm	Bridge Group, Fireside
Thurs. 21	11 am – 1 pm	GLAD Gathering for Labyrinth, Art and Dance

Art this Month

JULY 3 – AUG 2

Sanctuary

GERSON TAPESTRIES

Fireside

WATERCOLOURS BY
SONIA MOCNIK



Forum

Sundays 12:30 – 1:30
Fireside Room

All welcome! Bring along your lunch or beverage.

July 3

Kinder Morgan and "Moment of Power"

Taylor Krekoski
from Force of Nature

This will be an interactive discussion on stopping fossil fuel infrastructure (Kinder Morgan), and building climate solutions in Greater Vancouver.

"Moment of Power" is a grassroots presentation and discussion developed by *Force of Nature*, designed to inform people of the risks of climate change and the Kinder Morgan pipeline, and to empower them to build the sustainable communities they want to live in using cutting edge distributed organizing tactics.

This is the only scheduled Forum for July.



UNITARIAN CHURCH OF VANCOUVER

OFFICE MON – THU 9:30 AM – 2 PM

Parish Minister

Rev. Dr. Steven Epperson

Minister Emeritus

Rev. Dr. Phillip Hewett

Community Minister

Rev. Laura Imayoshi

Lay Chaplains:

Nan Gregory, Nicola Hamilton, Sherry King

BOARD OF TRUSTEES

President: Diane Brown

president@vancouverunitarians.ca

Vice-President: Margaret Fletcher

Secretary: Karen Bartlett

Treasurer: Patrick Dubois

Members-at-Large: Cindy Cashin,

Julia Myers, Jennifer Podlecki, Paul

Prescod, Kathy Sayers, Olivia Hall

STAFF

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Hunter MacNiven

hunter@vancouverunitarians.ca

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Morgan Reid

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After July 1:

[Kiersten Moore](mailto:Kiersten.Moore@vancouverunitarians.ca)

dre@vancouverunitarians.ca

Youth Coordinator: Olivia Hall

Choir Director: Donna Brown

quinnbrown44@gmail.com

Music Assistant: Elliott Dainow

elliottdainow@yahoo.com

Caretakers: James Wilson, Ben Yeung,

Mark Klassen, Marcus Hynes.

VOLUNTEER ROLES

Sunday Office Reception 10 am – 1pm

Virginia Crabill, Robert Schultz, Randall

MacKinnon.

If you can volunteer one Sunday a month,

please contact Hunter MacNiven.

hunter@vancouverunitarians.ca

Forum Coordinator

Randall MacKinnon 604-263-4332

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