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Listen to Your Heart – Listen to Each Other

Rev. Lara Cowtan & Kiersten Moore

[Live streamed](#) from the UCV Sanctuary – **October 4, 2020**



Sunday, October 4, 2020

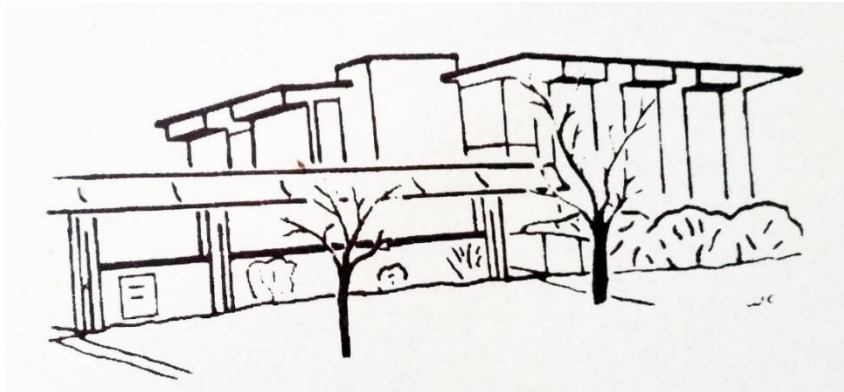
Listen to Your Heart – Listen to Each Other

Rev. Lara Cowtan & Kiersten Moore

“The beauty of listening is that those who are listened to start feeling accepted, start taking their words more seriously and discovering their own true selves.” -*Henri Nouwen*.

To begin this month of LGBTQ+ History, this Sunday will be an intergenerational conversation lifting up the importance of honouring words and expressions of identity in order to be welcoming and accepting of the beautiful and complex wholeness of each individual.

Live stream link: <https://ucv.im/live>



Fall COVID-19 Updates

We have released our Fall 2020 Go-Slowly-Forward Plan. Notable changes include:

- We have increased rental capacity for the Hewett Centre (main hall area only) from 10 to 15 guests
- The Sanctuary is now available for rentals with a maximum of 25 guests and 5 staff – choir loft remains Staff Only
- Masks are now mandatory for all indoor activities
- All windows and doors **MUST** remain open during indoor activities
- Worship services will continue to be online, live streaming only

To read the full plan and policy, including booking procedures, please see the full [Go Slowly Forward Plan](#). **Please note:** All gatherings must be booked ahead of time through Marcus Hynes by emailing info@vancouverunitarians.ca

Parents, Children, and Youth

How to continue feeling connected and renewed in this virtual pandemic time? The Children and Youth Religious Exploration team has programs and ideas in the works—The list below is all of our regular drop-in virtual connections with Zoom ongoing this Fall.

Please contact Director of Religious Exploration, Kiersten Moore, to be notified about in-person outdoor meetups and special programs: dre@vancouverunitarians.ca

Holding connection space for kids and youth requires adult support!

Please visit the website to learn how you can be an adult member of our Family Ministry team. There are both large and small roles to fill: <https://vancouverunitarians.ca/cyre-volunteer/>
Fill out the form to “line up outside Kiersten’s door”: ucv.im/RE-volunteer

Online Connection Spaces

Coffee Hour Breakout rooms: Sundays 12:00—1:00 pm ucv.im/coffee

Weekly all-ages breakout room for kid-centered space led by member volunteers: see friends, check-in and play games. Or join any other conversation group!

Children’s activity and check-in: Sundays 10:20—10:50 am ucv.im/kids-zoom

Beginning September 13th, Nan and Mairy co-host this time specifically for children ages 5-9 (any age welcome). Activity or story ties in to our Soul Matters theme of the month. See each other, share a story and a simple activity or craft that we can do together at home.

Tween’s Ukelele Social: Sundays 3:30 – 4:30 pm ucv.im/tween-zoom

Kids in grades 5-7 (ages 10-12), learn to play ukulele (instruments loaned from UCV), hang-out together with games and activities based on our monthly Soul Matters Theme. Drop in any Sunday and get a registration link.

Youth Group! Sundays 3:00—5:00 pm ucv.im/youth-zoom

High School Youth meet to share, explore, come up with distant game time, and generally connect. Drop-in any Sunday—from near and far.

Youth Dungeons and Dragons: Wednesdays 7:00—9:00 pm ucv.im/youthDnD

Exactly what you might think; an ongoing D&D campaign led by one of our youth, supported by adult advisors who are also in on the campaign. Youth-centered, multi-gen, role-playing fun. Contact [Olivia Hall](#) for more information, new characters are welcome to join.

If you would like resources for Unitarian-centered family time and activities to do with your children let me know using this form: <https://vancouver.breezechms.com/form/Sabbath-at-Home>

Celebration of Worship: October 4, 2020

Prelude	<i>When Your Heart is in a Holy Place</i>	Joyce Poley Elliott Dainow, piano
Invocation	<i>Spirit of Life</i>	Chalice Choir leads
Welcome, Announcements & Greetings		Huguette Hayden
Kindling the Chalice Flame		Breisnes Family
Opening Words		Kiersten Moore
Opening Hymn	#1007: <i>There's a River Flowing</i>	Chalice Choir Leads
Story for All Ages	<i>Red, A Crayon's Story</i>	By Michael Hall Read by Kiersten Moore
Offering Invitation & Outreach Opportunities Fund Presentation		Huguette Hayden Burns Bog Conservation Foundation Treehouse Vancouver Child & Youth Advocacy Foundation
Offering: <i>We deeply appreciate your presence here, your offerings and the gifts you share.</i>	<i>How Could Anyone</i>	Libby Roderick Members of the Chalice Choir & Friends
<p>We continue to support the work of this congregation and our outreach opportunities recipient through an online offering. You may use text-to-give now (Simply text an amount to 778-771-1707 to get started today, or visit http://ucv.im/give for more information!) or donate online through our private and secure Breeze interface.</p>		
Affirmation of Gratitude		Rev. Lara Cowtan
Community Candle Lighting		Rev. Lara Cowtan
Meditation		Rev. Lara Cowtan
Musical Response	<i>Sounds of Silence</i>	Paul Simon Elliott Dainow, piano
Homily	<i>Conversation on Identity</i>	Kiersten Moore, UCV Youth, Rev. Lara Cowtan
Closing Hymn	#100: <i>Peace Like a River</i>	Chalice Choir Leads
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>	

A LIVING LIST OF ESSENTIAL LINKS: The following is a condensed list of UCV community links:

- <https://ucv.im/live>: Live stream link for Sunday church services (active at 10:55am each Sunday morning)
- <https://ucv.im/order-of-service>: View an online version of the current Order of Service
- <https://ucv.im/coffee>: Virtual coffee hour – every Sunday immediately following the service
- <https://ucv.im/give>: Instructions on how to make a donation/gift
- <https://ucv.im/events>: The most frequently updated list of UCV events
- <https://ucv.im/sermons>: A text-based archive of past services/sermons
- <https://ucv.im/core-documents>: An online repository for important UCV documents such as board minutes, annual reports, and so forth.

UCV COMMUNITY EVENTS

Many of our community gatherings have moved online. For a complete list of upcoming events, please visit <https://ucv.im/events>. If you would like to add your zoom event to the list please contact Marie Witt at communications@vancouverunitarians.ca

ACTION EVENING – Wednesday, October 7 from 7 – 8 pm (log in at 6:45 pm). “*Saving the Salmon-Nourished Ecosystem of Our Coast*” This week’s featured speakers are two long-time wild salmon activists; Eddie Gardner, Sto’lo elder and president of Wild Salmon Defenders Alliance, and Sabra Woodworth, colleague of salmon expert Alexandra Morton. They will be commenting on the lowest returns of Fraser River Sockeye on record and the unprecedented public support to remove fish farms from the Discovery Islands. Join the Zoom meeting ucv.im/action-evenings

THE SECOND SUNDAY BOOK GROUP: The Second Sunday Book Group will meet via zoom on Sunday, Oct 11th after the Sunday service to discuss *Reproduction*, by Ian Williams, the 2020 Scotiabank Giller Prize winner – “a tale of love among inherited and invented families”. A hilarious, surprising and poignant love story about the way families are invented; a profoundly insightful exploration of the bizarre ways people become bonded that insists that family isn't a matter of blood. It is “a wise, funny, sad multi-generational family saga that proves the more specific a story is, the more universal it feels. It’s the perfect novel for anyone who has a family, either by blood or by choice.” Everyone welcome.

RECURRING ZOOM GATHERINGS: All the gatherings listed at vancouverunitarians.ca/zoom-gatherings.

- Virtual coffee hour; Sundays at 12 pm: <https://ucv.im/coffee>
- Neighbourhood group connections; 1st Tuesdays at 7:30 pm: <https://ucv.im/neighbourhoods>
- Zoom practice sessions; 1st Tuesdays from 4 – 5 pm: <https://www.ucv.im/zoom>

UCV COMMUNITY ACCOUNCEMENTS

AURORA EYOLFSON, who has been the UCV Church Administrator for the past 3 years, has left our employment. We are grateful to Aurora for her time and service with UCV, and wish her all the best for her future. The Transition Team is working with the staff and leadership to review the various roles and structures of UCV's ongoing staffing needs to plan for the future. In the short term, we ask for the patience and support of members as changes in our office may impact response time for administrative requests. We are blessed with amazing and motivated staff.

YOUTH AND CHILDREN'S RE VOLUNTEERS NEEDED!

Caring, curious, interested adult facilitators are needed for children and youth groups. Help children create friendships, explore big questions, engage in social justice, be seen and heard, grow spiritually, and be nurtured. This could be you! Info [here](#) and in the newsletter: ucv.im/newsletter
[Sign up with our Breeze form.](#)

HOW WE ARE CHANGING THE WORLD

The Enviroteam has lowered UCV's carbon footprint by spending \$3,000 on LED lighting for the basement rooms. It will save us money too!

CARE AND CONCERN: A couple in our congregation are facing significant health problems, and have begun the search for someone to come into their home, more or less on a daily basis, to do kitchen prep and clean up for two-three hours daily. Payment to be arranged. They live in Kitsilano, near a bus stop. The groceries would have been bought already.

Please circulate this message as you see fit. Anyone interested or wanting to know more can phone/text me at 604.760.8652, or email cwigmore1@shaw.ca . Thanks so much, Connie

CLOSURE OF OAK STREET PARKING LOT ENTRANCE: For safety reasons, the Oak Street entrance to the UCV Parking lot will be closed indefinitely, starting August 15th. The Fremlin Street entrance will be the only access to the parking lot.

OUTREACH OPPORTUNITIES FUND: The OOF recipient for this Sunday's collection is The Treehouse Vancouver Child and Youth Advocacy Centre which has formed a multi-disciplinary team to intervene in and prevent child abuse and violence. The team comprises staff from VPD and three child and youth care agencies. Its' programs and services build networks and community support systems that promote safe and sustainable environments for children, youth and their families. A critical goal of the centre is to raise awareness of child abuse in Vancouver.

Please note that the deadline for submissions for the October 11 Order of Service will be moved up to Tuesday, October 6 at noon (one week only)

There is a new monthly e-bulletin! If you've signed up for our newsletters previously, you will automatically receive the new e-bulletin, but if not please go to vancouverunitarians.ca/e-bulletin/ to sign up or visit ucv.im/newsletter to see the latest copy.

Next Sunday Service: October 11, 2020

Voices of Thanksgiving

Rev. Lara Cowtan

Let us give thanks. It is in listening to the voices that have been silenced, to hear their truths, their stories, to appreciate richly diverse traditions and cultures, that we will discover the true meaning of Thanksgiving.

THANK YOU TO THE SUPPORT TEAM TODAY:

**SOUND & LIVE STREAM TECH
CARETAKER(S)**

Galen Elfert, Christian Malcolm
Edgar Silveira



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

INTERIM MINISTER	Rev. Lara Cowtan
COMMUNITY MINISTER	Rev. Laura Imayoshi
DIRECTOR OF RELIGIOUS EDUCATION	Kiersten Moore
CHOIR DIRECTOR	Donna Brown
MUSIC DIRECTOR	Elliott Dainow
CARETAKERS	Ben Yeung, Paul Nash, Karen Hertz, Taka Shimojima, Vivian Davidson, Sam Shenher
RE STAFF	Doug Ennenberg, Jannika Nyberg
YOUTH COORDINATOR	Olivia Hall
CONGREGATIONAL ADMINISTRATOR	Aurora Eyolfson
OFFICE COORDINATOR/ ORDER OF SERVICE	Marcus Hynes
BOOKKEEPER	Gordon Lowe
LAY CHAPLAINS	Laureen Stokes, Cheryl Amundsen, Louise Bunn

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

Email: info@vancouverunitarians.ca | **Web:** www.vancouverunitarians.ca

Facebook: facebook.com/vancouverunitarians | **Instagram:** instagram.com/vancouverunitarian

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