



Photo by Michel Sim

Finding My Spiritual Path II

Karl Perrin & The Environment Team

[Livestreamed](#) from the UCV Sanctuary – **April 19, 2020**



Finding My Spiritual Path II

Karl Perrin & The Environment Team

Welcome to our 2020 Earth Day celebration! Karl has updated his homily “Finding My Spiritual Path” for this service.

Describing Unitarian religion often focuses on what it isn't. For me, what makes us religious is our gentle encouragement of a variety of collective and personal “spiritual” practices, broadly conceived. I'll describe some of mine, and how I grew into them. Perhaps our paths will cross.

Karl Perrin is a lifelong Unitarian. He learned activism at Sunday school in Detroit, and has been an environmental activist since 1993. Currently he is helping to stop the second dilbit pipeline to Burnaby. In 2012, he wrote an anti-pipeline divestment resolution passed by a wide majority at UCV.

Livestream link: <https://ucv.im/live>

March 2020 statement from Rev. Steven Epperson & Board President Diane Brown

During this COVID-19 period, all face-to-face meetings on the UCV campus (and worship services in our church Sanctuary) are cancelled. The Sunday worship services will be livestreamed for the foreseeable future on the [UCV YouTube channel](#). Rev. Steven Epperson, Elliott Dainow, and our Worship Committee will continue to provide quality worship services that you can view at home. The UCV Board and other committees and working groups will continue to do their good work via Zoom meetings, email, and phone, and DRE Kiersten Moore and the religious education team are working on options to continue connection and support for families, children, and youth. The office staff continues to do their work during regular business hours (Monday to Thursday, 9:30 am to 2 pm; Friday, 9 am – 1 pm). Plans are in place to have Administration staff work from home if warranted, computer stations, email, phones/voicemail etc. have all been set up to enable minimal activity at the office.

Parents, Children, and Youth

We are putting in place some online connection times for children, tweens, youth, and parents. These times will stay consistent each week—drop-in any week to see familiar faces and new, connect and support each other in Unitarian fashion. (FUUN)!



Children's RE drop-in: Sundays 10:20—10:50 am ucv.im/kids-zoom

Mairy and Nan host children's time before the Sunday service live-stream. See each other, share a story and a simple activity or craft that we can do together at home. (Target age is 5-9)

Crossing Paths RE: Mondays 1:00—2:15 pm ucv.im/tween-zoom

Crossing Paths Tweens (ages 10-12) this space and time is for you! Check-in with each other, continue our explorations of World Religions—Quakerism, then Hinduism, and wherever your questions and wonderings lead us.

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

Youth in grades 8-12 meet to share, explore, come up with distant game time, and generally connect. Drop-in any Sunday—from near and far.

If you haven't been in touch yet—please take a few brief moments with this online form to let your RE team know how we can best serve you at this time: <https://vancouver.breezechms.com/form/family-connections>

[Mystery Pals for All UCV Members](#)

Mystery Pals is on and kids are ready to start exchanging emails!

Celebration of Worship: April 19, 2020

Prelude	<i>To the Rising Sun</i>	Trygve Torjussen E. Dainow, piano
Opening Words		Tara Bonham
Welcome and Greeting Our Neighbours		Tara Bonham
Kindling the Chalice Flame		Tamiko Suzuki
Opening Hymn	<i>#1068: Rising Green</i>	
Story for All Ages	Frog Girl by Paul Owen Lewis	Read by Tara Bonham
Announcements		Tamiko Suzuki
Reading from the Book of Celebrations & Concerns		Tamiko Suzuki
Offering: <i>We deeply appreciate your presence here, your offerings and the gifts you share.</i>	<i>Credo</i>	Sung by the Chalice Choir

We continue to support the work of this congregation and our outreach opportunities recipient – the Aboriginal Mother Centre – 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.

Introduction to Meditation	<i>When I Was the Forest</i>	Meister Eckhart Read by Tara Bonham
Silence for Meditation		
Musical Response	<i>#1064: Blue Boat Home</i>	Words by Peter Mayer www.petermayer.net
Finding My Spiritual Path - II Karl Perrin		
Closing Hymn	<i>#1074: Turn the World Around</i>	
Closing Words & Extinguishing the Chalice Flame		Karl Perrin
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: In recognition of the fact that it may be difficult for some to keep up with the deluge of information being communicated regarding online resources and meetings, the following is a condensed list of essential UCV community links:

- <https://ucv.im/live>: Livestream 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-hour>: Virtual coffee hour – every Sunday immediately following the service
- <https://ucv.im/give>: Instructions on how to make a donation/gift
- <https://ucv.im/steven-tea>: Steven’s Tea Time Drop-In: Every Wednesday from 3 – 4pm
- <https://ucv.im/coffee-break>: Friday Coffee Break with Kiersten, every Friday from 10:30 – 11:30 am.
- <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 findmariewitt@gmail.com.

NOTES ON ZOOM:

- Check here for up-to-date offerings from Connect & Engage: vancouverunitarians.ca/zoom-gatherings
- If you want to set up a Zoom meeting using our pro account, contact: Mary Bennett (ucvconnect@gmail.com) for gatherings like covenant groups, mens and womens groups, book groups etc., or Marcus (marcus@vancouverunitarians.ca) for committee meetings
- All ‘open’ UCV Zoom meetings have a password upon entry, which, unless specified otherwise by the organizer, is ‘ucv’ (all lower case).
- Are you concerned about security on Zoom? Read the new post by Mary Bennett at vancouverunitarians.ca/zoom-security. New posts from Zoom can be found here: <https://blog.zoom.us/>

VIRTUAL COFFEE HOUR: Every Sunday, 12 – 1 pm. Watch our Sunday service and then join us for coffee. Visitors, members and friends are welcome! Visit <https://ucv.im/coffee-hour> to join!

NEIGHBOURHOOD GROUPS TUESDAY NIGHT ZOOM CHAT: Every Tuesday at 7:30 pm. Get to know other Unitarians in your area! Neighbourhood Groups are a great way to spend Tuesday evening. We will sign into zoom together and then break out into smaller chat groups by neighborhood. Further information is available at <https://vancouverunitarians.ca/community/neighbourhood-groups/>

BOOK (AND POEM AND VIDEO) SHARING VIA ZOOM: Every Wednesday at 10 am. You are invited to the book (and poem and video) sharing discussion via Zoom video conferencing. Visit <https://vancouverunitarians.ca/all-ages-book-group/> for more information.

STEVEN'S TEA-TIME DROP-IN: Every Wednesday, 3 – 4 pm. Drop-in for a social gathering time hosted by Rev. Steven Epperson. It is a soul-fulfilling thing to see each other's faces in this time of physical distancing and isolation. Come check-in with each other, bring your joys, your challenges, your questions and insights, your whole selves. Visit <https://ucv.im/steven-tea> to join.

CHECK IN AND ZOOM PRACTICE: Every Thursday at 2:30 pm. Practice using Zoom with other Unitarians. Drop-ins welcome. Topics covered: mute on/off; video on/off; change name; chat (via text) to an individual or everyone; raising hand; thumbs up/clapping icons, etc. Visit <https://ucv.im/zoom-practice> to join.

FRIDAY COFFEE BREAK WITH KIERSTEN: Every Friday, 10:30 – 11:30 am. Work from home deserves a coffee break--and we all deserve to see each other! Family centered drop-in time for Parents. Kids and youth welcome--if you're able to login on a separate device from parents we can do break-out rooms! Visit <http://ucv.im/coffee-break> to join.

MENDERS, NOW ONLINE: We have moved our monthly mending workshop (every fourth Saturday) to an online format to provide some social activities during this time of self-isolation. Put on your kettle and join us for conversation and clothing repairs. This is a casual, drop-in style meetup over Zoom. Email findmariewitt@gmail.com to join.

GENDERS AND SEXUALITIES DIVERSITY ALLIANCE FILM DISCUSSION: Wednesday, May 6, at 7 pm. The UCV GSA is hosting a monthly check-in for Unitarians of any gender or sexuality. If you are not part of our regular group, please send an email to gsaucv@gmail.com in advance to introduce yourself and let us know a bit about why you'd like to join us. Our first gathering is asking everyone to share a LGBTQ+ friendly film, video or YouTube link and share why you're recommending it. Some people are sharing in the email group in advance as well. Sign in here: <http://ucv.im/gsa>

CANADIAN UNITARIAN COUNCIL 2020 ANNUAL GENERAL MEETING:The decision has been regretfully made to cancel the National Conference in May in Halifax. In light of the rapidly evolving situation, the CUC, together with the UU Church of Halifax Host Team, feel that holding a gathering in these times represents a potential risk to our members, staff and community and we fully support the recent recommendation from the Nova Scotia government to limit gatherings to 150 people. The cancellation of the in-person conference presents an opportunity for us to explore national online connections instead. For the latest information, please visit <https://cuc.ca/annual-general-meeting-conference/>.

SAVE THE DATE! A Farewell Soiree for Steven Epperson will take place at UCV the evening of Saturday June 20th. Mark your calendar!

UCV COMMUNITY ANNOUNCEMENTS

OFFERS OF HELP: We have some volunteers at the church who are itching to be of service to anyone who might need it these days. Shopping? Gardening? Prescription pick up? A friendly phone call? Don't be shy. Don't be foolhardy. Have compassion for yourself if you're in want or need. Reach out. Someone will be there for you. Call or email Connie Wigmore (604-879- 6243 / cwigmore1@shaw.ca) or Patti Turner (604 879 6243 / pgaleturner@gmail.com)

IN THE MIDST OF ALL THE ADVICE ON HOW TO STAY HEALTHY, the voice of religion can sound a bit odd. Here's its answer: "In times of trouble, be extra sure to keep the Sabbath." In other words, "Be sure to set aside time and a space for worship, rest and connection." We want to help families carve out "sabbath space" in their homes and weekly schedules. We want to honor ancient spiritual wisdom that says worship, rest and connection are a must, not "extras" to be fit as we can. Especially during trying times.

If you would like to receive Unitarian resources and ideas on building your own home altar or home worship with encouragement on keeping your Sabbath and family connections, fill out this [short form](#) to be put on the mail-out list. Thank you all, and may we find peace. – Kiersten Moore

INTERESTED IN JOINING THE HUMAN RESOURCES COMMITTEE? We're looking for someone with an interest in and working knowledge of human resources. Please contact Sheila Resels, chairperson of the Human Resources Committee, at sresels@gmail.com for further information.

WEEKLY EMAIL WITH ORDER OF SERVICE AND ANNOUNCEMENTS: The weekly email now gets sent out through Breeze, our new database system. You can sign up here: <https://vancouver.breezechms.com/form/thisweekemail> or go to <https://vancouverunitarians.ca/newsletter>

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.)

Next Sunday Service: April 26, 2020

THANK YOU TO THE SUPPORT TEAM TODAY:

**SOUND & LIVESTREAM TECH
CARETAKER(S)**

Galen Elfert, Christian Malcolm
Karen Hertz



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

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, Karen Hertz, Edgar Silveira, Vivian Davidson, Marie Witt, Doug Ennenberg, Jannika Nyberg
RE STAFF	Olivia Hall
YOUTH COORDINATOR	Aurora Eyolfson
CONGREGATIONAL ADMINISTRATOR	Marcus Hynes
OFFICE ASSISTANT/ ORDER OF SERVICE	Gordon Lowe
BOOKKEEPER	Laureen Stokes, Cheryl Amundsen, Louise Bunn
LAY CHAPLAINS	

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 *UCVEvents* & Order of Service, go to
www.vancouverunitarians.ca/newsletter.