



## In Touch

*Rev. Steven Epperson*

[Live streamed](#) from the UCV Sanctuary – April 26, 2020



## **In Touch**

Rev. Steven Epperson

The theme of this week's service is staying *in touch*. That is, as good as on-line connection can be — and we're doing a pretty good job of it — being virtually connected is no substitute for being in touch: gathering, greeting, socializing, worshipping, etc face to face. I'll be talking about the touch as one of the essential senses and its importance for religious community.

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

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### **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 have weekly [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) Email Kiersten for the password or to be on our family update list: [dre@vancouverunitarians.ca](mailto:dre@vancouverunitarians.ca)



After the service there is a **Families breakout room during coffee-hour** for kids and parents to see and talk with each other. [ucv.im/coffee-hour](https://ucv.im/coffee-hour) at Noon Sunday, type “family chat” into the chat when you join the meeting; or join any other conversation group!

**Children’s RE drop-in: Sundays 10:20—10:50 am** [ucv.im/kids-zoom](https://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](https://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](https://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.

**Steven's tea-time drop-in Wednesdays 3:00—4:00 pm** [ucv.im/steven-tea](https://ucv.im/steven-tea)

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.

**Friday Coffee Break with Kiersten 10:30—11:30 am** [ucv.im/coffee-break](https://ucv.im/coffee-break)

Being home deserves a coffee break--and we all deserve to see each other! Family centered drop-in time for Parents. If kids can login on a separate device from parents, we can do break-out rooms!

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>



**A LIVING LIST OF ESSENTIAL LINKS:** The following is a condensed list of 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.

**IMPORTANT! PLEASE NOTE:** It has come to our attention that someone is using fake gmail accounts that appear to be sent from Steven (and possibly other administrators) to send emails directly to congregants. These emails are likely to appear in your inbox and are difficult to distinguish from our regular accounts.

These emails are asking people to send money, usually in the form of Amazon gift cards and typically contain a story about being needed for vulnerable people. **DO NOT** send money. **DO NOT** purchase Amazon gift cards. These are fake email addresses; Steven, staff or board members will never ask you to send money or amazon gift cards to them personally over email. We have specific fundraising drives and special protocols for donations.

If you are ever confused or suspicious about a request for funds, you can always ask if it's possible for you to speak with our staff over the phone. A scam artist pretending to be someone you know will not agree to a phone call, whereas church staff will always be happy to discuss fundraising with you or over the phone or face to face on zoom.

If you receive any suspicious emails, please report them to our office so we can track these attempts. If you have any questions or concerns, please reach out. In the meantime, the UCV Board has hired a cyber security expert to help upgrade our systems.

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

**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! Password needed. contact [ucvconnect@gmail.com](mailto:ucvconnect@gmail.com) in advance.

**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/>

**ALL-AGES BOOK AND VIDEO SHARING VIA ZOOM:** Every Tuesday at 4 pm. Paula and Mary invite you to share what you're reading and watching via Zoom. For more information, visit:

<https://vancouverunitarians.ca/all-ages-book-group/>

**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.

**ZOOM PRACTICE:** Every Thursday at 2 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://vancouverunitarians.ca/zoom-practice/> for details. Contact Mary Bennett if you need password: [ucvconnect@gmail.com](mailto:ucvconnect@gmail.com)

**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](mailto:findmariewitt@gmail.com) to join.

**POTLUCK BOOK AND LUNCH CLUB ON ZOOM.** Last Thursday of April, coming right up! ON LINE! April 30, 11:00 am - 1:00 pm. Make your lunch. Bring a couple of good books to recommend. We'll chat. We'll eat. We'll stay connected. Drop-ins more than welcome. Zoom Connection: Lynn Armstrong: [lynnbea@gmail.com](mailto:lynnbea@gmail.com), General Questions: Nan Gregory: [nangregory@shaw.ca](mailto:nangregory@shaw.ca).

**WORLD LABYRINTH DAY** is the first Saturday of May. The slogan is "Walk as One at One". This year most of us are "walking" finger labyrinths unless we have the privilege of a backyard labyrinth or can find one we can walk without others. Mary is participating in a "walk" at 1 pm with Veriditas founder Rev. Dr. Lauren Artress and will set up a zoom call to talk about labyrinths on that afternoon or evening. Details will be posted at [vancouverunitarians.ca/labyrinth](https://vancouverunitarians.ca/labyrinth)

**FORUM: 1ST ZOOM FORUM FOR UCV,** presented by the Enviro Team, online, 12:30 pm Sunday May 3/20, "*Watch For It - Future Salmon spawning channels in Farmlands of the Lower Fraser Valley*". Speaker: Lina Azeez of Watershed Watch Salmon Society will present by Zoom, with Q and A participation. Watershed Watch is a science-based NGO with many good news stories about their work. Kids and families: check out this 5 min. video: <https://m.youtube.com/watch?v=vpg65zrCiHo>

**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](mailto: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 on zoom here: <http://ucv.im/gsa> Out on Screen is also hosting queer films on Netflix party on Thursday evenings. Contact us if you'd like to know more.

**THE 2ND SUNDAY BOOK GROUP** will be meeting on May 10 via Zoom to discuss *When The Body Says No: the Cost of Hidden Stress* by Gabor Mate, MD. This well-known, engaging book draws a link between biological disease and its emotional and environmental pre-determinants backed by scientific research, personal experience and anecdotal evidence. The meeting will be led by Rhea Kikkert and technologically assisted by Rob Dainow. All are welcome. Please contact Rob Dainow if you wish to join the discussion ([rdainow@gmail.com](mailto:rdainow@gmail.com)).

**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**

**THE BOARD HAS ACTIVATED THE UCV SERVICE FUNDS** to assist members, friends and staff of UCV who are in need of financial support. If you are in need or you know someone who is, please contact Steven, [rev@vancouverunitarians.ca](mailto:rev@vancouverunitarians.ca), 604-261-7206 or Patti Turner, [pgaleturner@gmail.com](mailto:pgaleturner@gmail.com), 604 889-3053. If you wish to contribute to this fund, please contact Aurora, [ca@vancouverunitarians.ca](mailto:ca@vancouverunitarians.ca), 604-261-7204, or John Taylor, [johntaylor@shaw.ca](mailto:johntaylor@shaw.ca), 604-731-9393.

**VOLUNTEERS NEEDED!** For services to continue to be virtual, we need to train some more members to learn how to produce and broadcast Sunday services and support our current incredible, overworked team. Anyone interested in helping with technology, send your details here: <https://ucv.im/offer-help>

**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](mailto:cwigmore1@shaw.ca)) or Patti Turner (604 879 6243 / [pgaleturner@gmail.com](mailto:pgaleturner@gmail.com))

**BEACON UNITARIAN CHURCH MEMBER** looking for a 1 or 2-bedroom rental in Metro or Greater Vancouver. Desire a safe, quiet, neighborly area, relatively close to shopping and transit. Extremely reliable and responsible renter with references. Non-smoker, own a car, no pets. I have been living in North Surrey for the past 1.5 year; must move because owners are selling. [peggy.hinkley@gmail.com](mailto:peggy.hinkley@gmail.com)

**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](mailto:sresels@gmail.com) for further information.

*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 3, 2020**

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

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

Galen Elfert, Christian Malcolm  
Sam Shenher

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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**  
**COMMUNITY MINISTER**  
**DIRECTOR OF RELIGIOUS EDUCATION**  
**CHOIR DIRECTOR**  
**MUSIC DIRECTOR**  
**CASUAL CARETAKERS**

Rev. Steven Epperson  
Rev. Laura Imayoshi  
Kiersten Moore  
Donna Brown  
Elliott Dainow

Ben Yeung, Paul Nash, Karen Hertz,  
Edgar Silveira, Vivian Davidson, Marie Witt  
Doug Ennenberg, Jannika Nyberg

**RE STAFF**  
**YOUTH COORDINATOR**  
**CONGREGATIONAL ADMINISTRATOR**  
**OFFICE ASSISTANT/ ORDER OF SERVICE**  
**BOOKKEEPER**  
**LAY CHAPLAINS**

Olivia Hall  
Aurora Eyolfson  
Marcus Hynes  
Gordon Lowe  
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](mailto:info@vancouverunitarians.ca) | **Web:** [www.vancouverunitarians.ca](http://www.vancouverunitarians.ca)

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