



*Photo by Ethan Unzicker via Unsplash.com*

## **What is a Spiritual Path?**

*Glenn Deefholts*

[Live streamed](#) from the UCV Sanctuary – **October 18, 2020**



**Sunday, October 18, 2020**

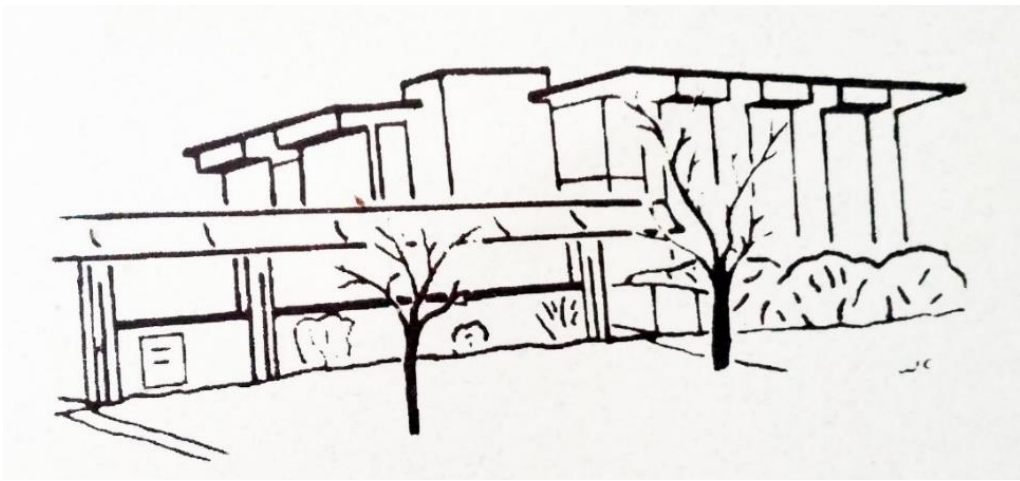
**What is a Spiritual Path?**

Glenn Deefholts

In “What is a Spiritual Path?” Glenn Deefholts explores ideas that many people consider essential to a journey of spiritual understanding: spirit, soul, shadow, ego, self. Glenn gives illustrations of these ideas from his own life.

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

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**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](mailto: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](mailto: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](https://ucv.im/RE-volunteer)

## Online Connection Spaces

**Coffee Hour Breakout rooms: Sundays 12:00—1:00 pm** [ucv.im/coffee](https://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](https://ucv.im/kids-zoom)

Beginning September 13<sup>th</sup>, 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](https://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](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.

**Youth Dungeons and Dragons: Wednesdays 7:00—9:00 pm** [ucv.im/youthDnD](https://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 18, 2020

<b>Prelude</b>	<i>Breathe In, Breathe Out (instrumental)</i>	Nathen Aswell*
<b>Opening Words</b>		Way Kent
<b>Welcome, Announcements &amp; Greetings</b>		Mairy Beam
<b>Kindling the Chalice Flame</b>		Way Kent and Erin Moulding
<b>Opening Hymn</b>	<b>#295: Sing Out Praises for the Journey</b>	Chalice Choir Leads
<b>Story for All Ages</b>	<i>The Uncorker of Ocean Bottles</i>	By Michelle Cuevas Read by Way Kent
<b>Offering Invitation</b>		Way Kent
<b>Offering:</b> <i>We deeply appreciate your presence here, your offerings and the gifts you share.</i>	<i>Little By Little</i>	Nathan Aswell
<p>We continue to support the work of this congregation and our outreach opportunities recipient through an online offering. You may use <b>text-to-give</b> now (Simply text an amount to 778-771-1707 to get started today, or visit <a href="http://ucv.im/give">http://ucv.im/give</a> for more information!) or <a href="#">donate online</a> through our secure Breeze interface.</p>		
<b>Affirmation of Gratitude</b>		
<b>Community Candle Lighting</b>		Juliet Andrien
<b>Meditation</b>		Way Kent
<b>Musical Response</b>	<i>A Wholehearted Life</i>	Nathen Aswell
<b>Homily</b>	<i>What is a Spiritual Path?</i>	Glenn Deefholts
<b>Closing Hymn</b>	<b>#131: Love Will Guide Us</b>	Chalice Choir Leads
<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>	

\* We are most pleased to welcome Nathen to our service today. He is a speaker, composer and musician with a calling to encourage people to live *Big Lives one Small Step* at a time through his talks and heart-centered music. His CDs “*Little By Little*” and “*YES*” are celebrations of life, transformation, evolution and the oneness of humanity, delivered in a variety of popular music styles using the Chapman Stick, a 12-stringed guitar-like electronic instrument. Nathen has performed online concerts since March, and now offers “*Morning Musings (with Music and Meditation)*” every Wednesday morning at 9:00 AM Pacific (via Facebook Live). Nathen walked the Camino de Santiago last September and October, and he is currently writing a book about his experience. Find him at: [NathenAswell.com](http://NathenAswell.com)

**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](mailto:communications@vancouverunitarians.ca)*

**UCV CONGREGATIONAL HISTORY WALL INVITATION:** Effective transition after a settled minister leaves starts with a collective review of how the congregation has been shaped and formed. It is a way to claim and honour our past, our major milestones and evolution and engage and honour our griefs and conflicts. It is done in a spirit of community and mutual respect.

You are invited to come to Hewett Centre to contribute to the UCV Congregational History Wall. A member of the Ministerial Transition Team will be there along with pens and big sticky notes for you to write your recollections and affix them at appropriate points. Photo contributions are also welcome.

Due to the COVID-19 guidelines for Hewett Centre, we are limited to 14 congregants at a time, during a one-hour session. You must book your session ahead. Masks and social distancing are required. The doors and windows will be open, so you will want to dress accordingly.

This may be the first time you have been to the campus in a while. You are welcome to come early or stay after and enjoy the campus grounds, walk the labyrinths, view the new benches and distance visit with one another.

We will also soon have a virtual (on-line) Congregational History Wall for those who prefer to contribute at-a-distance. Please book a time below to come to Hewett Centre by contacting Leslie Hill at 604 321-7275 or email her at [lesliehill49@gmail.com](mailto:lesliehill49@gmail.com)

- Wed Oct 14 10:30 - 11:30 am or 12:00 - 1:00 pm
- Sun Oct 18 1:00 - 2:00 pm or 2:30 - 3:30 pm
- Tues Oct 20 10:30 - 11:30 am or 12:00 - 1:00 pm
- Sun Oct 25 1:00 - 2:00 pm or 2:30 - 3:30 pm
- Wed Oct 28 10:30 - 11:30 am or 12:00 - 1:00 pm
- Sun Nov 1 1:00 - 2:00 pm or 2:30 - 3:30 pm
- Thurs Nov 5 10:30 - 11:30 am or 12:00 - 1:00 pm
- Sun Nov 8 1:00 - 2:00 pm or 2:30 - 3:30 pm

We look forward to welcoming you! – UCV Ministerial Transition Team

**ACTION EVENINGS:**, Wednesday October 28, 7 to 8 pm, on Zoom: [ucv.im/action-evenings](https://ucv.im/action-evenings). Is Canada on the verge of developing the political will to end homelessness? Barry Growe, long time housing activist and former Red Cross disaster response manager is our guest speaker. Bring your questions!

**FORUM ON SANCTUARY UPGRADES:** Sound, lights and pews. Join Diane Brown and Galen Elfert for an information sharing session regarding possible upgrades to the Sanctuary. Sponsored by the UCV Board of Trustees. Sunday, October 25 at 12:30. Join us on Zoom via <https://ucv.im/forums>.

**AN IDEA WORTH TRYING:** Dear fellow Unitarians, are you missing personal contact with your friends from church? Do you feel sometimes the need to get out into the woods to refresh your body and your mind? Are you unfamiliar with our woods and would rather not go alone? Well, I for one qualify for a positive answer to the first two questions. Luckily, I know Pacific Spirit Park very well, since I have lived near it for over 50 years, and I walk those beautiful trails daily. My walks have become an essential practice. While I love walking alone, I also would enjoy the company of others.

If you would like to try a mid morning walk in Pacific Spirit Park then please join me for a “trial run” on Thursday, October 29. at 10 am. Let's meet at the entrance to the park located on 16<sup>th</sup> Ave. and Sasamat street. (rain or shine). I think it would be nice to walk about 45 minutes to one hour, trying to be back around 11 am. Two buses stop at that entrance, the numbers 25 and 33, and there also is a toilet.

Please, if you are interested send me a confirmation by email, so I know who and how many to expect. (hannopinder@gmail.com). Looking forward to the 29<sup>th</sup> – Hanno Pinder

**RECURRING ZOOM GATHERINGS:** All the gatherings listed at [vancouverunitarians.ca/zoom-gatherings](https://vancouverunitarians.ca/zoom-gatherings).

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

## **UCV COMMUNITY ACCOUNCEMENTS**

**WE'RE RECRUITING UCV BOARD OF DIRECTORS FOR 20/21:** Just two opportunities left for members at-large. This is a special time to join our board leadership team. Our finances are in good shape. Our assets are in good condition. The board is exceptionally strong. As a member at-large you will participate in policy making, facilitate member communications and contribute to overall board work. You will liaise with at least one committee. Desirable skills: communications, standard computer literacy, and preferably experience in non-profit governance.

Another reason for joining; you will be part of the management of the church during this important period of interim ministry and the search for a new minister. Michael Clague will be delighted to hear from you. Chair, nominations committee: [mclague@telus.net](mailto:mclague@telus.net). Tel: 604-880-9464.

**ATTN: COMMITTEE CHAIRS – REPORTS ARE COMING DUE!** All committee chairs are asked to please submit their annual reports to Marcus ([marcus@vancouverunitarians.ca](mailto:marcus@vancouverunitarians.ca)) by October 31, 2020 for presentation at the November 15 AGM.

**A NOTE FROM THE UCV PRESIDENT:** It has just come to my attention that emails being sent to [president@vancouverunitarians.ca](mailto:president@vancouverunitarians.ca) are bouncing and not getting to me. Although the problem has been fixed, please know that if this ever happens, you can always email me at [diane@rubyslippers.ca](mailto:diane@rubyslippers.ca) or call me at 604 764 1817. Sincerely, Diane Brown, UCV Board President.

**THE LIBRARY COMMITTEE** is looking for a donation of metal shelving for the storage of book sale books. If anyone is able to donate shelves to us, please email [davidfbuchanan@gmail.com](mailto:davidfbuchanan@gmail.com).

**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.**

**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.

**A NOTE FROM CARE & CONCERN:** Some of life's challenges are pretty manageable. Others leave us feeling very alone and overwhelmed, or demand great contemplation. Our Care and Concern volunteers work closely with our minister to support members and friends who are in times of transition and need. We are here if you need a tender heart in a moment of sorrow, happy cheer in a moment of joy; a meal or a ride in a moment of need; or personal support in difficult circumstances such as: grief, illness, marital changes, isolation, etc. Contact Care & Concern ([careandconcern@vancouverunitarians.ca](mailto:careandconcern@vancouverunitarians.ca)) or Rev. Lara Cowtan (604-261-7204, x.223 / [rev.lara@vancouverunitarians.ca](mailto:rev.lara@vancouverunitarians.ca))

*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/](http://vancouverunitarians.ca/e-bulletin/) to sign up or visit [ucv.im/newsletter](http://ucv.im/newsletter) to see the latest copy.*

## **Next Sunday Service: October 25, 2020**

### **Our Goal of World Community: the United Nations at 75 *John Gibbard Award Presentation***

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

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**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

**YOUTH COORDINATOR**

Olivia Hall

**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

**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)

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[www.vancouverunitarians.ca/newsletter](http://www.vancouverunitarians.ca/newsletter).