



*Photo by Erin Song (@erinsong) via Unsplash.com*

# **I Can't Imagine!**

*Rev. Lara Cowtan*

[Live streamed](#) from the UCV Sanctuary – **January 24, 2021**



**Sunday, January 24, 2021**

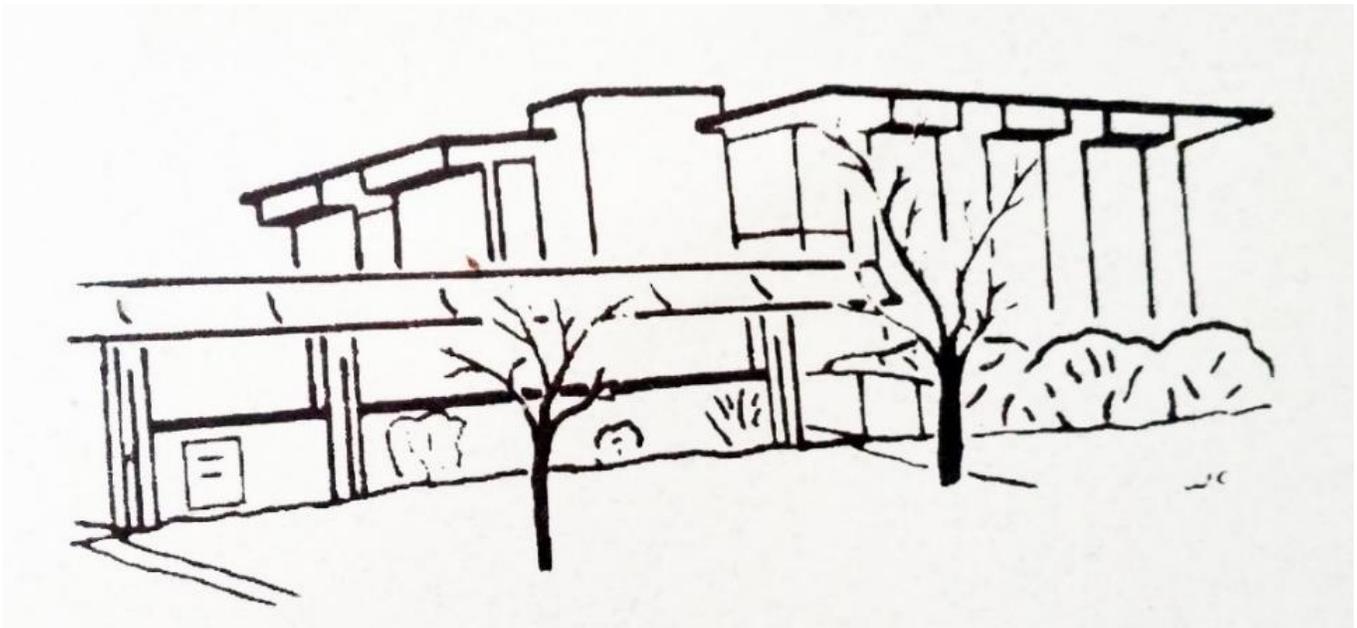
**I Can't Imagine**

*Rev. Lara Cowtan*

Reflections on our monthly theme – *imagination*.

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

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**Winter COVID-19 Updates**

In accordance with the B.C. Provincial health order updated on January 8, 2021, all events and gatherings on UCV Campus have been suspended, and only essential staff and volunteers are allowed entry during worship services.

For more information and ongoing updates on our COVID policies, please visit:  
<https://vancouverunitarians.ca/covid-19-update/>.

# 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: January 24, 2021

<b>Prelude</b>	<i>Raindrop</i>	Chopin* Elliott Dainow, piano
<b>Welcome</b>		Rev. Lara Cowtan
<b>Kindling the Chalice Flame</b>		Chernoff-Lewis Family
<b>Opening Hymn</b>	<b>#188: <i>Come, Come, Whoever You Are</i></b>	Chalice Choir Leads & UCV Families
<b>Time for All Ages</b>		Kiersten Moore
<b>Community Candle Lighting</b>		Juliet Andrien
<b>Meditation, Spoken and Silent</b>		Rev. Lara Cowtan
<b>Musical Response</b>	<i>Imagine</i>	John Lennon Elliott Dainow, piano and voice
<b>Homily</b>	<i>I Can't Imagine, Part I</i>	Rev. Lara Cowtan
<b>Musical Response</b>	<i>Woyaya</i>	<a href="#">Video</a> **
<b>Homily</b>	<i>I Can't Imagine, Part II</i>	Rev. Lara Cowtan
<b>Hymn</b>	<b>#108: <i>My Life Flows on in Endless Song</i></b>	Chalice Choir Leads

**Offering:** *We deeply appreciate your presence here, your offerings and the gifts you share.*

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 secure Breeze interface.

<b>Affirmation of Gratitude</b>		Rev. Lara Cowtan
<b>Board Announcements</b>		Diane Brown
<b>Closing Words &amp; Extinguishing the Chalice Flame</b>		Rev. Lara Cowtan
<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>	

\* A good piece for this time of year! – Elliott

\*\* By Ghanaian Afro-rock band Osibisa. Recorded and use permission given by UUCP in Moscow, ID

## UCV COMMUNITY EVENTS

**LOOKING FOR SOMETHING?** Here is a collection of our most sought-after resources:

- <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.

*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)*

**FROM THE BOARD OF TRUSTEES:** President Diane Brown is in the process of organizing a **Decolonizing Practices Workshop** for staff, board and interested members. If you are interested in participating in a one-day workshop in early spring, please email her at [president@vancouverunitarians.ca](mailto:president@vancouverunitarians.ca)

**MEMORIAL FOR JANE SUTHERLAND:** Jane Sutherland died peacefully on January 5, 2021 in her daughter's home. There will be an online memorial service at 1:30pm PST on Saturday February 6 – at this link: <http://ucv.im/jane>. Please go to this website on February 6 to get the zoom link. Memorial donations may be made to The David Suzuki Foundation, Doctors Without Borders, and Friends of Canadian Broadcasting.

**ACTION EVENING:** “*Migrant Workers’ Rights.*” Wednesday, Jan. 27<sup>th</sup> from 7 – 8 pm. Our guest presenter is Chris Sorio, the Vice chairperson of Migrante BC. Migrant workers face many difficulties when they go abroad: low wages which barely cover remittances that they send home to help their families, difficult working conditions and unpaid or invisible overtime in addition to emotional suffering and loneliness from family separation. MWR's mission is the respect, by national and international agencies, of the rights to liberty, to physical and psychological integrity, and to non-discrimination based on the country of origin — thus of the rights to freely change employers at all times, to receive study/work permits for children/spouse, and to access permanent legal status, of every human being admitted under the status of 'temporary foreign worker'. Log in to our Zoom room [ucv.im/action](https://ucv.im/action) early from 6:45pm on Wednesday evenings as we start right at 7 pm.

**ANTI-RACISM INITIATIVE:** A small group is forming to explore safely and supportively the challenge of self-discovery posed in Layla Saad's book, *me and white supremacy*. We're planning to meet for 1 ½ hours a week for 3 months starting in February. The work requires commitment to honest engagement with the material on an emotional level, and will likely be at times uncomfortable. It is not designed for intellectual debate. You'll need to buy the book or the e-book. If cost is prohibitive, a way will be found to help you. If you're interested, contact Nan Gregory. [nangregory@shaw.ca](mailto:nangregory@shaw.ca)

**UCV ONLINE HISTORY WALL:** You can now e-mail your UCV stories and pictures to [padletucv@gmail.com](mailto:padletucv@gmail.com) and we will post them for you. Looking back at our reflections will guide planning for our future so please send in your contribution. You can also post directly at [padlet.com/vancouverunitarian/stories](https://padlet.com/vancouverunitarian/stories). Questions/discussion? Come to the Coffee Hour UCV.im/coffee Breakout Room, after the service. Paul Prescod and other members of the Transition Team will be there.

**THE UCV SECOND SUNDAY BOOK CLUB** will meet online after the service on February 14, 2021 to discuss *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*, by Robin Wall Kimmerer. Weaving experiences of her life as a mom and scholar with oral histories, botany, and words from wise people striving to live their cultures, Kimmerer has gifted us with wondrous insight into how our lives are interwoven with those of plants: “We cannot live without them but it’s also true that they cannot live without us.” Take a walk with a true daughter of Mother Nature. Go to [ucv.im/coffee](https://ucv.im/coffee) after the service ends and ask to join the Book Group breakout room. Get ready for a lively discussion with our Sunday group. Please join us; you will be a positive addition.

**SEWISTS, KNITTERS, MENDERS, CRAFTERS:** The UCV mending hour is back on Zoom for the Winter! We are planning to meet twice per month (one daytime and one evening). We can show-and-tell what we're working on, dream up workshops that might be possible over zoom, watch tutorials, and generally share a social hour of craftyness to get us through the isolation. Everyone and all skill levels welcome. Dates and Zoom link: <https://ucv.im/mending>

**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**

**HOW WE ARE CHANGING THE WORLD:** A victory for wild salmon!! The Trudeau government will phase out fish farms in the Discovery Islands by 2022. One down and 100+ to go.

On December 17, 2020, the UCV Wild Salmon Action Team (WSAT) celebrated the federal government’s announcement of their decision to remove fish farms from the Discovery Islands channels, an area known to be a bottleneck area for migrating wild salmon and one of the worst places to put open-net pen salmon farms. The WSAT can claim a small part of that decision, perhaps by being an annoying sliver in the feet of the decision makers – the WSAT has been meeting and petitioning MPs and MLAs for months, and has added their [bodies](#) and [loonies](#) to support other wild salmon protection groups. The day before the December announcement, WSAT met with MP Terry Beech, Parliamentary Secretary to the Minister of Fisheries and Oceans, and even though they knew the decision had already been made, they added their voices to the chorus of demands for change. Learn more at <https://tinyurl.com/ycod8mt0>.

**WELCOME NEWCOMERS!** Would you like to learn more about UCV and Unitarians? Join us in the breakout room at Coffee Hour after the service (<http://ucv.im/coffee>), First and Third Sundays. See you there!"

**NEW SANCTUARY ART EXHIBITION:** Look out for a new Sanctuary art exhibition – *Retrospective* by Pat MacBain – on display during our Sunday livestreams throughout January and February!

**OUR LIBRARY IS AVAILABLE!** The door to the library is still locked for now but our librarian, David Buchanan, will arrange loans for members/adherents by either snail mail or pick-up at our 49th & Oak location. Just email David <[davidfbuchanan@gmail.com](mailto:davidfbuchanan@gmail.com)> to let him know what you would like to borrow and he'll work out the details with you. Please note there is an "f" between David and Buchanan in the address. Happy reading!

A Common Read for Vancouver Unitarians: Transition Team members have been reading *In the Interim: Strategies for Interim Ministers and Congregations*. It's full of interesting stories about transitions, a wealth of information about the potential role of an Interim Minister and intriguing ideas for Vancouver Unitarians to consider. Extra copies are available for loan. Just email David Buchanan <[davidfbuchanan@gmail.com](mailto:davidfbuchanan@gmail.com)> to arrange the loan by mail or pick-up. Here's an excerpt:

*“Telling our stories is not an end in itself, but an attempt to release ourselves from them, to evolve and grow beyond them. We tell our stories to transform ourselves; to learn about our history and tell our experiences to transcend them; to use our stories to make a difference in our world; to broaden our perspective to see further than normal; to act beyond a story that may have imprisoned or enslaved us; to live more of our spiritual and earthly potential” (p 43).*

**SOUL MATTERS:** If you would like to receive the Soul Matters Chalice Home packets supporting creating a home altar and guidance on monthly home worship around our themes please fill out this Breeze form: <https://ucv.im/themes-home> or contact Kiersten Moore, [dre@vancouverunitarians.ca](mailto:dre@vancouverunitarians.ca)

**COMMUNICATIONS COMMITTEE CHAIR NEEDED!** The communications committee is looking for a new chair to work closely with staff and lay leaders. We need someone comfortable with technology who will bring leadership, creativity and energy! We promise to make sure this volunteer workload is an uplifting and manageable effort. Please contact Marie [communications@vancouverunitarians.ca](mailto:communications@vancouverunitarians.ca) if interested!

**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))

## **OUTSIDE ANNOUNCEMENTS**

**WORLD INTERFAITH HARMONY WEEK (FEB 1 – 7)** is an annual event observed during the first week of February, as proclaimed by the UN General Assembly in October, 2010. There are many opportunities to engage virtually with the burgeoning local interfaith movement this year, many of which are detailed in [this printable poster](#) provided by long-time UCV tenants [The Multifaith Action Society](#).

**Next Sunday Service: January 31, 2020**

***Sunday Morning with Rev. Ron Phares***

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

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

Christian Malcolm  
Paul Nash  
Chris Pearce, Diane Donaldson, Lorraine Calame



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 PARISH MINISTER**

Rev. Lara Cowtan

**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

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**Facebook:** [facebook.com/vancouverunitarians](https://facebook.com/vancouverunitarians) | **Instagram:** [instagram.com/vancouverunitarian](https://instagram.com/vancouverunitarian)

*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.*