

## Deepening Your Commitment at South Fraser Unitarians!

You've often heard Rev. Samaya say that once you have walked through our doors and signed our membership book, your work is just beginning!

Over this coming year, you are invited to complete a total of seven activities, with at least one in each category, plus the item below the table. These activities are all being held online while we physically distance to keep each other safe and healthy!

Connect	Change	Care
Offer to greet during one of our online services	Meet with the Minister to discuss how your theology has changed over your lifetime.	Read the book <u>Serving with Grace</u> and discuss with a newer friend or member from SFUC
Attend one of our Connecting Conversations	Offer to light the chalice during a service and talk about which principle speaks to you.	Attend a Canadian Unitarian Council (CUC) sponsored event
Attend three social events	Watch at least two recommended videos on UU History/Theology	Serve as an Usher or Greeter three times
Join the choir!	Read the <u>UUA Pocket Guide</u>	Create a shawl for a member in need
Engage in a discussion with a newcomer to SFUC as to your reasons for membership.	Join a Soul Matters Discussion Group	Participate in one of our social justice events
Join the book club	Attend a book discussion group on <u>White Fragility</u> or <u>The Skin We're In</u>	Offer a ride, deliver a meal, or help a member

- Commit to attend the monthly Deepening Our UU Faith sessions covering theology, worship, our roots, our philosophy of religious education; social justice, governance and policy, and membership.

### Connect

One of the best ways to connect is to serve our community and the needs of one another by striving to maintain personal connections to help create a caring community. Here are some of the ways you can connect.

- Help with coffee hour at least three times (set up, clean up, or bring treats): Every Sunday we offer coffee hour. We always need help to make it happen. But don't worry, Monty Rose is always available to show you the ropes!
- Each month we hold a Connecting Conversation – join us to engage in engaging conversation with members and friends of SFUC. For an hour you'll be engaged in three different break rooms on Zoom to talk to different people about a topic. Topics range from how you are

coping with loneliness during COVID or are taken from our questions to wrestle with that is contained in our Soul Matters packets.

- Attend three of our social events.
- Join our choir! Sylvia Zeelenberg, our Choir Director, would be more than happy to welcome you into this fun and engaging way of serving our community by providing the gift of song.
- There's no better way to understand a community than to delve into its history by interviewing some of our founding members. Rev. Samaya or a member of our Community Engagement Team will be more than happy to provide you with a list of names to interview.
- Our book club meets monthly. Contact Gwen to find out how to participate. A list of books they will be engaged in this year are listed on our SFUC calendar which can be found on our website.

## Change

- Meet with the Minister: Over coffee, in her office, or via zoom, Rev. Samaya is available to meet with you to discuss how your theology has changed over your lifetime.
- Offer to light the chalice during a Sunday service and speak to which principle speaks to you and how you live it out in your daily life.
- Watch at least two recommended videos on UU History/Theology: These videos will help you better understand our history or theology.
  - [We are Canadian Unitarian Universalists](#)
  - [How to Explain Unitarian Universalism without a Pamphlet](#)
  - [What it Means to be a Unitarian Universalist](#)
  - [Unitarian Universalism - You're a Uni-What?](#)
- Read [the UU Pocket Guide](#). A great book! Get your own online (<https://www.uuabookstore.org/The-Unitarian-Universalist-Pocket-Guide-P18502.aspx>) or borrow from Rev. Samaya.
- Join a Soul Matters discussion group. We currently have two groups that meet to delve deeper into the Soul Matters packets – with a particular focus on reflecting on what it was like to engage in one of the spiritual practices and your reflections on what it was like to engage with one of the questions to wrestle with.
- Attend one of our book discussion groups based on the books [White Fragility](#) by Robin Diangelo or [The Skin We're In](#) by Desmond Cole.

## Care

- Read the book [Serving with Grace](#). Discover how to experience congregational work as an integrated element in a fully rounded spiritual life. Written for both those in the more typically recognized "leadership roles"-such as board members and committee chairs-as well as for those who lead while serving on a committee, teaching in religious education or helping to pull together the Holiday Fair Buy online <https://www.uuabookstore.org/Search.aspx?k=Serving+with+Grace> or borrow from Rev. Samaya. Then discuss with someone who has read it to debrief!
- Attend Canadian Unitarian Council (CUC) sponsored event.
- Serve as an Usher or Greeter three times.

- Create a shawl for a member in need: We give shawls to those going through a hard time and are always in need of more. If you knit or crochet, we'd love to have your skills. Get a pattern here <http://shawlministry.com/> and if you need yarn, let us know!
- Engage in service to our fellow members by offering a ride, delivering a meal, or helping a member: We have lots of ways you can help one of our members who live near you and need a little boost.