



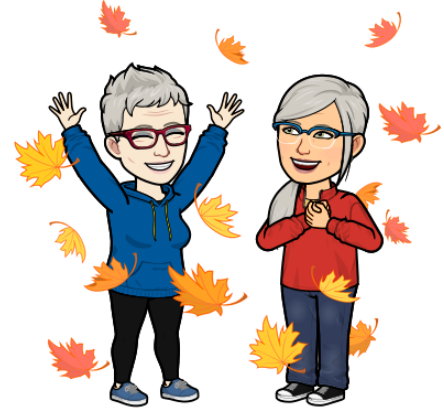
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## Welcome Back from your Congregational Life Team

Your Congregational Life Leads hope you had a chance to take a breath and enjoy the summer. As we look at the calendar we know that many of our congregations and communities will be in full swing soon. Details about upcoming events are in this [eNews](#) and on the [CUC Calendar](#) - and we can't wait to see you at [Co-Lab in November](#). Regular updates will be posted in every eNews. And, as always, if you have any questions, don't hesitate to reach out.



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## Congregational Conversations Are Returning!

The season launches on September 14th and 18th, when you can prioritize what follows. A huge success last winter and spring ~ **see the *Living Resources doc introduced below*** ~ we're starting this fall with "**Emerging Needs**". These first two sessions will help clarify your current preferences for the up-coming dates, and alert us to ways we can help right now. The following sessions cover three topics you've been asking about: "**Pastoral Care for Lay Led Congregations**", "**Communications**", and the unique "**Challenges of Being a Congregational Leader**". We're holding three spaces for **your highest priority topics** - so be sure to join us in September and help shape the rest of the season. All are welcome!

Information and Registration Links are **HERE**: [Congregational Conversations - Canadian Unitarian Council Conseil unitarien du Canada](#)

## Congregational Conversations Fall Schedule



*All fall Conversations will be at 10am PT / 11am MT / Noon CT / 1pm ET / 2pm AT*

- **Sat Sept 14 or Wed Sept 18 - Emerging Needs** (*repeat session - pick 1*)  
Join us for a conversation about your needs: *What's going on for you right now and what do you most want to connect around this fall?*
- **Fri Oct 25 - Pastoral Care for Lay Led Congregations**  
Open to everyone, this session will focus specifically on the unique challenges of pastoral care when there is not full-time professional ministry available. *What are your strengths? What help do you need? Where can help be found? What creative options have you tried?*
- **Wed Oct. 30 - Topic to be determined following September sessions**  
(*watch the eNews and registration page for updates*)
- **Wed Nov. 20 - Communications Needs & Resources**  
Communication tools can help your congregation to build community, be more visible in the wider community, and make a difference in the lives of others. *What's working, what's challenging, and where can you find help?*
- **Sat Nov. 23 - Topic to be determined following September sessions**  
(*watch the eNews and registration page for updates*)
- **Wed Dec 4 - Challenges of Being a Congregational Leader**  
The more you do, the more complicated your congregational experience and relationships can become - and we don't always notice it happening until it becomes a problem. Join us for a conversation about some of the unique challenges of congregational leadership.
- **Sat Dec. 7 - Topic to be determined following September sessions**  
(*watch the eNews and registration page for updates*)

[Register Here](#)



## [2024 Congregational Conversations Living Resource Guide](#)

The **2024 Congregational Conversations Living Resource Guide** contains the collaborative wisdom of participants in the **CUC Congregational Conversations** project. Themes include **Thriving, Surviving, & Sustainability**, **Volunteer Bandwidth, Burnout and Reimaging**, **Financial Planning & Income Streams**, and more! The Guide will be updated as conversations continue and more resources are known.

*Got a great resource? Please share to: [congregationallife@cuc.ca](mailto:congregationallife@cuc.ca)  
Or better yet, join us for the next conversation!  
[Register Here](#)*

The Congregational Conversations Project was created following a 2023 survey, designed to help us better understand the current congregational and community climate. **Find the Living Resource Guide [here](#).**

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### **CONNECT & DEEPEN ... *is moving to Saturdays***

All sessions: 1pm PT / 2pm MT / 3pm CT / 4pm ET / 5pm AT (90 minutes)  
*Same time ... new day!*

Looking for connection?

[Connect & Deepen](#) is an online community for adults interested in meaningful reflection, conversation, and shared ideas for living our values. This welcoming space encourages spiritual, philosophical, and practical exploration. The intent is to deepen our experiences of Unitarian Universalism, enriching our own lives with thoughtful meaning-making - so that we live grounded in our UU values.

Meetings begin with a time for connection – sharing joys and concerns – before moving into the theme of the day. We examine a wide range of topics - this year leaning into “Intentional Action”.

#### **Fall 2024 Connect & Deepen Themes:**

All sessions: 1pm PT / 2pm MT / 3pm CT / 4pm ET / 5pm AT (90 minutes)

- **Saturday September 21: CARING**



What does it mean to be a Caring person? Or a Caring community? Reflecting on our 8 Principles, 5 Aspirations, and other UU inspirations, how does being UU impact our experiences and ideals of Caring? *Host: Anne Barker*

- **Saturday October 26: CONNECTING**

When you think about Connecting, what comes to mind? What does being a UU have to add? How's it going for you? What do you need? *Host: Anne Barker*

- **Saturday November 16: LEADING**

Leading can be a challenging concept - bringing up our ideals, our insecurities, and a host of other things. How is UU Leading different from other styles? What are your experiences and thoughts around Leading? *Host: Anne Barker*

- **Saturday December 21: REFLECTING**

Reflecting can be an intentional practice, an accidental occurrence, and many other things. What important roles does Reflecting play in your life? What practices help you to do it? *Host: Linda Thomson*

**Winter & Spring 2025 Dates:**

- *Saturday January 18 - Host: Linda Thomson*
- *Saturday February 15 - Host: Linda Thomson*
- *Saturday March 15 - Host: Anne Barker*
- *Saturday April 19 - Host: Linda Thomson*

## **Meaning Making: Roots of Resilience**

*If you participated in last year's Meaning Making in Liminal Times sermon series, or if you've heard others talk about it, you'll be glad to hear that Rev. Karen Fraser-Gitlitz has made plans for a 2nd year. Changes include a new theme, more services, and optional monthly Canadian theme packages. [More information is available.](#)*