

## CUC CO-LAB 2024: WHAT TO EXPECT

### *CUC Co-Lab 2024 is a time to come together*

- \* to connect in a spirit of hopeful collaboration,*
  - \* to invoke the creative energy that emerges when we gather,*
  - \* to encourage one another's curiosity & courage, &*
  - \* to compassionately support one another*
- as we navigate our changing global & local experiences.*

### *Co-Lab programming will focus on:*

- \* Inspirational examples of people & groups navigating personal & organizational transformation in challenging times,*
- \* Time for personal reflection & integration,*
- \* Interactive break-out sessions with unexpected activities, &*
- \* Ideas that will stir your imagination.*

*Co-Lab is designed to collectively explore our current experiences of being Canadian Unitarian Universalists, while encouraging awareness & openness toward adaptive models.*

### *Co-Lab WON'T:*

- \* Be a technical "HOW TO" workshop,*
- \* Solve all the issues we're each bringing to the table or*
- \* Expect you to have all the answers, either.*

### *Co-Lab WILL invite you to:*

- \* Suspend any expectations of the event, yourself, & others,*
- \* Imagine exciting ways that we are interdependent (with one another & the world),*
- \* Reflect on how our collective liberation is bound up together &*
- \* Make space for the possibility that **change is possible ... & good!***



**CANADIAN UNITARIAN  
COUNCIL CO-LAB: NOV 1-3/24  
EXPERIENCES OF TRANSFORMATION**

**SIMPLE SCHEDULE & Zoom LINKS**

	<b>Event</b>	<b>Focus</b>	<b>Start Times</b>
<b>Friday, Nov. 1</b>			
<b>Co-Lab Launch</b> <i>(runs 2x / choose 1)</i>  <a href="https://bit.ly/COLabOne">https://bit.ly/COLabOne</a>	<b>“The Invitation”</b> <i>2 hours</i>  You won’t want to miss the Keynote Film!	“What does ‘interdependence’ mean in today’s cultural landscape(s)?”	4 pm PT 5 pm MT 6 pm CT 7 pm ET 8 pm AT 8:30 pm NT
<b>Co-Lab Launch</b> <i>(runs 2x / choose 1)</i>  <a href="https://bit.ly/COLabOne">https://bit.ly/COLabOne</a>	<b>“The Invitation”</b> <i>2 hours</i>  You won’t want to miss the Keynote Film!	“What does ‘interdependence’ mean in today’s cultural landscape(s)?”	7 pm PT 8 pm MT 9 pm CT 10 pm ET 11 pm AT 11:30 pm NT
<b>Saturday, Nov 2</b>			
<b>Workshop 1</b>  <a href="https://bit.ly/COLabTwo">https://bit.ly/COLabTwo</a>	<b>“The Personal”</b> <i>90 minutes</i>	“Who are we individually?  What do we each bring?  What gets in our way?”	9:30 am PT 10:30 am MT 11:30 am CT 12:30 pm ET 1:30 pm AT 2:00 pm NT
	<i>30 minutes</i>		<i>30-minute break</i>
<b>Workshop 2</b>  <a href="https://bit.ly/COLabTwo">https://bit.ly/COLabTwo</a>	<b>“The Collective”</b> <i>90 minutes</i>	“How do we work together?  What keeps us apart?  Collectively, where do we get stuck?”	11:30 am PT 12:30 pm MT 1:30 pm CT 2:30 pm ET 3:30 pm AT 4:00 pm NT



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	<b>Event</b>	<b>Focus</b>	<b>Start Times</b>
	<i>30 minutes</i>		<i>30-minute break</i>
<b>Workshop 3</b>  <a href="https://bit.ly/COLabTwo">https://bit.ly/COLabTwo</a>	<b>“The Larger Collective”</b> <i>90 minutes</i>	<i>“How does <b>this world</b> need us now? Where do we fit?”</i>	1:30 pm PT 2:30 pm MT 3:30 pm CT 4:30 pm ET 5:30 pm AT 6:00 pm NT
<b>Sunday, Nov 3</b>	<b><i>Time Change Day!</i></b>		<b>Start Times</b>
<b>National Worship Service</b>  <a href="https://bit.ly/National_Service_2024-11">https://bit.ly/National_Service_2024-11</a>	<b>“The Church of Our Imagination”</b> <i>1 hour +</i>  Featuring: Rev. Sean Neil-Barron, Liz James, & more....	<i>“What is the Church of Our Imagination? Is this even the right question for today?”</i>	10 am PT 11 am MT 12 pm SK 12 pm CT 1 pm ET 2 pm AT 2:30 pm NT
			<i>60-minute break</i>
<b>(very optional) Debrief &amp; Reflection Time</b>  <a href="https://bit.ly/Service_Debrief_Reflection">https://bit.ly/Service_Debrief_Reflection</a>	<b>“The Drive Home”</b> <i>1 hour</i>	<i>“Sometimes the best insights happen on The Drive Home.” A VERY OPTIONAL time to share, reflect, and debrief.</i>	12:30 pm PT 1:30 pm MT 2:30 pm SK 2:30 pm CT 3:30 pm ET 4:30 pm AT 5:00 pm NT

**Looking for separate downloadables? Try these:**

- 1 CUC Co-Lab: What to Expect** [\(.pdf\)](#)
- 2 CUC Co-Lab: Simple Schedule & Zoom Links** [\(.pdf\)](#)
- 3 CUC Co-Lab: Session Themes & Details** [\(.pdf\)](#)
- 4 SATELLITE INFO-DOC for Saturday, Nov. 2, 2024** [\(.pdf\)](#)



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COUNCIL CO-LAB: NOV 1-3/24  
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## SESSION THEMES & DETAILS

### FRIDAY, Nov 1: THE INVITATION

1) 4:00 pm PT | 5:00 pm MT | 6:00 pm CT | 7:00 pm ET | 8:00 pm AT | 9:00 pm AT  
(2.0 hours) (runs 2x, choose 1)

2) 7:00 pm PT | 8:00 pm MT | 9:00 pm CT | 10:00 pm ET | 11:00 pm AT | 11:30 pm  
NT (2.0 hours)

***“What does ‘interdependence’ mean in today’s cultural landscape(s)?”***

Friday night is a time to come together, get connected, set intentions, and *launch the adventure*. And it happens *twice* so that you can choose your preferred showing.

Reverend Anne Barker is your host. Expect a deeper and more detailed understanding of what the weekend holds - and an invitation into a culture of curiosity, creativity, and connectedness. Short films, speakers, reflection time, and other inspirational content will be woven throughout the evening.

An unexpected **Keynote Film highlights this session. No Peeking!** It’s tender, inspiring, hopeful ... *not at all churchy* ... and yet so parallel to our UU journey of transformation! And we’ll show you how to access it for free, *because you’re going to want to watch it again!* Even better ... it’s part of a series that will feed your spirit and enliven your imagination.

### SATURDAY, Nov 2: 3 Workshops (3 x 90 mins / 30 min breaks between / 5.5 hrs total)

9:30am PT | 10:30am MT | 11:30am CT | 12:30pm ET | 1:30pm AT | 2:00pm NT

~ Find info about hosting an In-Person Saturday Satellite Group [HERE](#) ~

*All three workshops contain inspiring stories and messages, varied voices, an unexpected (non-typical) breakout activity, and opportunities for personal reflection and integration.*

- **Saturday Session I: Focus on “The PERSONAL”**  
Who are we individually? What do we each bring? What gets in our way?
- **Saturday Session II: Focus on “The COLLECTIVE”**  
How do we work together? What keeps us apart?  
Collectively, where do we get stuck?
- **Saturday Session III: Focus on “The LARGER COLLECTIVE”**  
What does the world need? How does *this world* need us *now*? Where do we fit?

## SESSION THEMES & DETAILS *continued*

### SUNDAY, Nov 3

- **National Zoom Worship Service: THE CHURCH OF OUR IMAGINATION**

Featuring: *Rev. Sean Neil-Barron, Liz James, and more ...*

*10:00 am PT | 11:00 am MT | 12:00 SK | 12:00 pm CT | 1:00 pm ET | 2:00 pm AT  
| 2:30 pm NT (1 hr + visiting time)*

Eleven years ago, at a CUC National event, a group of Canadian young adults wrote a poem - The Church of Our Imagination - that captured the attention of everyone present. Today we are revisiting it, and them, as we imagine our way(s) forward.

***What is The Church of Our Imagination?  
And is this even the right question for today?***

*This service is also available for UU Congregations and Communities to show at your regular service time on or after November 3rd, 2024. The recording will be available on Tuesday, October 29, 2024. **Request the recording [HERE](#)***

- **Very Optional Co-Lab Debrief & Reflection Time: “THE DRIVE HOME”**

*12:30 pm PT | 1:30 pm MT | 2:30 SK | 2:30 pm CT | 3:30 pm ET | 4:30 pm AT |  
5:00 pm NT (1.0 hrs – drop in reflection time)*

Sometimes, the best insights happen on “The Drive Home” from an event. Join Rev. Anne Barker for a VERY OPTIONAL time to share, reflect, and debrief the weekend - for anyone interested.

***Register for CUC Co-Lab: Experiences of Transformation [HERE](#)***

***Find info about hosting a Saturday Satellite [HERE](#)***

***Request the Sunday Service for congregational use [HERE](#)***

**Pre-Event Packages for Registrants** *will go out Monday, Oct 21/24*

- *It's not 'advance work' ... **it's inspiration!***

**Follow-up Packages** *will go out Monday, Nov 4/24*

- *Will contain links to all **shareable resources** from the weekend & a link to the **‘Co-Lab Insights & Suggestions Form’** (we'll explain on Saturday)*

## HOW CO-LAB RELATES TO CURRENT CUC PROJECTS

Canadian UU individuals, congregations, and communities are asking:

*Given the challenges of the future,  
how will Canadian Unitarian Universalism evolve  
to be relevant, sustainable and thriving?*

The **CUC LIFES\*** crew is engaging with Canadian UUs on this very topic - and will be reporting to the 2025 Annual Meeting. These volunteers, commissioned by the CUC Board, are working to identify proactive next steps for the CUC while identifying practical possibilities for a thriving future.

*(\*LIFES: Living Into the Future - Emergent Sustainability)*

The **UU Expressions: Love In Real Life** docu-series interviewed people who live out Canadian UU values in creative ways. This podcast raises practical questions and suggestions for Canadian UUs to consider collectively.

[~ Check out UU Expressions: Love In Real Life ~](#)

The **Congregational Conversations** project brings together Canadian UU leaders in collaborative practice, coordinating support, connection, and collective wisdom. Leaders identify current challenges, share ideas, and are eager to help one another.

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

[~ upcoming Congregational Conversations ~](#)

*In support of all this work, CUC Co-Lab programming is designed to collectively explore our current experiences of being UUs, while encouraging awareness and openness toward adaptive models.*

Our Co-Lab goals are to create an experience that:

- Centers our [Canadian UU Values and Vision](#)
- Models respect for our history and heritage ... and ... welcomes creativity, courage, and curiosity
- Tries on new ways of being and working together
- Shares hopeful stories of transformation and renewal (not necessarily UU or churchy stories)
- Imagines and inspires a collective thriving future