

Services are held at **10:30 am** at 61980 Skyline Ranch Road, Bend 97703

UUFCO: 541-385-3908 • www.uufco.org



UUNews December 2016

December 2016 Services



Theme: Presence

December 4 at 10:30am: "Presence: A Celebration of Children"

Rev. Antonia Won

In Unitarian Universalism, we dedicate children where other traditions may use baptism. Join us today as we welcome a number of children into this faith community and tradition, followed by reflections by Rev. Antonia and three Congregants on the spiritual gifts of a child's presence in our lives.

December 11 at 10:30am: "Presence, Prayer and Power"

Rev. Antonia Won

Advent and Winter Solstice celebrate darkness and light as spiritual realities and forces in life. How might traditions of being present in darkness be a source of strength for us in our times? Do such ancient rituals have relevance in the 21st century?

December 18 at 10:30am: "Would you like to hold the baby?"

"Would you like to hold the baby?" - a Christmas Pageant that revisits the timeless story of Mary and Joseph, the Kings and the Shepherds, with the addition of a new character - a young stable girl. As Mary invites the girl to hold her baby, so we are invited to embrace the deepest meaning Christmas holds for each one of us.

December 24 at 5:00pm and 7:00pm: "Christmas Presence"

Rev. Antonia Won

Come join us for our traditional candlelight Christmas Eve service as we celebrate visions of the world as a caring, peaceful place, and sing our hearts into joy. Share in Christmas goodies and good cheer after either service.

December 25 at 10:30am: "Pregnant Pause: What Are You Birthing?"

Chela Sloper, Congregational Life Facilitator

The week between Christmas and New Year's Day provides a window of pause: the holidays behind, the new year ahead. Let's enjoy this pause together in a slightly more casual service, and explore where our growing edges may be in the coming months. This isn't about making New Year's resolutions, but rather discerning where our own growth and evolution are moving in us.

All are welcome to join in the Christmas Potluck Brunch following the service.

January 1 at 10:30am: "Daring to Let Go"

Lay-led by Susan Kinney and James Simmons

As we begin another year, many people set out with a list of resolutions for their lives. And, yet, so many times these resolutions fall into the space of "things we think we should be doing but only make us feel guilty". What if we were to approach this new year with a new way of being - a time to reflect on what in our lives we can let go of, those attitudes or relationships or habits

that are no longer carrying us forward. Come together with lay leaders Susan Kinney and James Simmons as they bring us together with a healing ritual for letting go and words of wisdom from the Buddhist tradition. As the Buddha tells us, "In the end, these things matter most: How well did you love? How fully did you live? How deeply did you let go?"

The Reverend's Reflections



The world looks a little different than it did the last time I wrote this column. Not only did the Donald win the election but also Pope Francis announced that the Roman Catholic Church will permanently allow priests to grant forgiveness for abortion.

As we prepare for a conservative administration in Washington D.C., the question of women's issues is top of mind and the Pope's announcement is a source of hope. The election of the Republicans with an unknown president-elect who has spoken disrespectfully of women and minorities, and a vice-president well-known as one of the most extreme anti-abortion legislators in the country and who as governor of Indiana, gutted Planned Parenthood's funding, has raised the fears and anger of many, especially women.

Although the Pope's announcement has nothing to do with the future administration, it inscribes nuance into a pro-life doctrine of the world's largest and most powerful religious organization. While he opposes abortion as a "grave sin," the Pope believes "there is no sin that God's mercy cannot reach and wipe away when it finds a repentant heart..." The decision normalizes forgiveness by making it widely accessible as all priests can now give absolution and at any time. While few in our UU circles may appreciate such religious formality and accountability, there are many in the world whose lives are grounded in the morality of their faith, be they Muslim, Jewish, Hindu or Catholic. For Catholic women (and men), this surely is a signal of welcome and compassion.

Here in the United States, this decision separates the Catholic Church from uncompromising and powerful influences of many evangelical traditions that threaten women's health and rights. The election of Donald Trump has been personally devastating for many women. The campaign has diminished trust and awakened memories of oppressions of decades past. It has created an atmosphere of tension and emboldened some to deplorable actions.

The Pope's announcement crowned a jubilee year that began last December. Traditionally a jubilee year is called every 25 years as a reminder of God's providence and mercy, and a time for forgiveness. This was an Extraordinary Jubilee, called because Pope Francis felt the time was urgent for mercy, for healing wounds, to persevere in helping people find hope and faith, a time to offer everyone the way of forgiveness and reconciliation; to *celebrate* mercy. In bringing the jubilee to a close last week, he called on the faithful to

"promote a culture of mercy based on the rediscovery of encounter with others, a culture in which no one looks at another with indifference or turns away from the suffering of our brothers and sisters."

As the Christmas and holiday season is upon us, may we dig deep within to know the need for radical compassion in our world. During the holy days and weeks ahead, may we ground ourselves in our values, principles and morals to find guidance and wisdom in our words and choices. May we find strength with one another, courage in containing the virus of polarization and animosity, and may our fires of hope and commitment be renewed.

I wish you and yours a nourishing and soulful holiday season,

Rev. Antonia

The President's Perspective

Mark Hickman



Last month I said “As we go through this amazing time in our national political environment, it feels important to me that we reflect on our values, on our actions, and on what we can do to bring more love and less hate to this world.” I was thinking about what we would need to do to heal from the divisive environment of the campaign, but assuming that we would be doing this with a Democrat as President Elect. The situation is now both different, and yet the same. More love, less hate, with UUFCO as a beacon of hope and comfort for many. The need for us is now greater than ever.

I will give you a quick synopsis of last month's regular board meeting.

- Amy Falkenrath updated the board on the impact of new national laws regarding salaried vs hourly positions, and what it will mean for our record keeping, and potentially for our budgets
- Rev Antonia shared her reflections on the state of the union, and on what it might mean for us as a UU community.
- Tom Wykes of the Settled Minister Search Team shared the Congregational Record and the “packet” (an amazing website created by Dale Clarke) of information that will be visible to ministers who are contemplating coming to our fellowship.
- We discussed four resolutions for passing modifications to existing policies, passing three of these, and deferring one until more clarity could be added. This was a major milestone in that we addressed two requirements of the newly passed bylaws, by bringing policy changes to the board in a resolution format, and by adding policy statements that addressed two of the required policy areas in the new Bylaws.
- A few high-level slides of governance and organizational views were presented, with an intention of creating enough alignment on these that they could be approved at December's board meeting. These have already stimulated much healthy discussion.

Last month we also had an informal board gathering at my house, to talk about two “big picture topics” that are important to our future. The first hour was dedicated to building our shared understanding of where we are heading in the governance by policy work that we are doing. We began this segment by listening to the interviews of Dan Hotchkiss, talking about some key questions that we have been wrestling with. We agreed that these interviews should be shared with the entire fellowship. The second half of the meeting was reflecting on what it means to be a UU after the election and how we might choose to put our mission statement to work for us in this new national and international landscape.

Thanks to those who showed up for the initial “Meet the President” gathering on Oct 30.

About a dozen people joined in on a very engaging discussion on governance work in general, and the bylaws in particular. The next meeting will be on Dec 18.

In connection and openness,

Mark Hickman, Board President

Director of RE

Ayla Halberstadt



As we move into the holiday season it is easy to get caught up in the giving spirit. This season I am specifically trying to give with my UU values in mind. Starting on December 1st I am doing a reverse advent calendar this year, where once a day I will put a non-perishable food item or winter clothing item like socks, hat, gloves, etc.. in a box. At the end of advent I will be donating my box to Bethlehem Inn. I invite you to join me this holiday season in making an effort to give to our local community.

I look forward to celebrating this winter holiday season in beloved community with you from decorating the church, our winter pageant, and our candlelight Christmas Eve services. May we all take time to connect with ones dear to us during the start of the winter season!

Healthy Congregations Team

Twenty-three members of UUFCO have recently completed an eight-week immersion study,



Creating a Culture of Right Relationship, with Rev. Cat Cox. Program chairs, representatives from the Board, the Leadership Development Team Rev. Antonia, staff and the Healthy Congregation Team participated in the series.

Here are some examples of the ideas we explored and practiced:

- How to focus on the facts of a situation
- How to identify the feelings and needs you notice in yourself – a really eye-opening experience to explore the wide range of feelings that we may not tap into on a regular basis
- How to make requests of another person in difficult circumstances – finding it isn't always easy to make requests or hear no for an answer
- How to give empathy to another person – putting yourself in their shoes – and also giving empathy to yourself.

Rev. Cox's program delves deeply into the work of non-violent communication. Many in UUFCO are familiar with Non-violent Communication and Compassionate Communication work and have participated in practice groups in Bend.

Hopefully we can intentionally move ourselves as a congregation to practice our covenant of right relationship. Many who participated with the Rev. Cox series will continue with practice groups throughout this year. Simultaneously our Spiritual Book Group will be offering an opportunity to become immersed in non-violent communication work.

The Healthy Congregation Team is excited to support Robin and Joe Slocum in their outreach for the next few months with the Spiritual Book Group. This group will be reading Marshal Rosenberg's book *Non-violent Communication: A Language of Life*. When NVC is used well, everyone can leave a discussion feeling they've been listened to, their feelings and needs are expressed and requests can be made in a healthy conversation. The HCT and Spiritual Book Group leaders encourage all who are interested to participate. The start-up session is December 13th 5:30-7:00 in the Linus Pauling Hall.

Project GRACE to Launch Educational Series on Early Learning in January

Following the study of escalating inequality last Fellowship year, Project GRACE (Giving Respect And Choosing Equality) is focusing on expanding opportunities in Central Oregon for affordable, high-quality early learning. Our studies last year, and our intensive research and meetings with experts over this past summer, have led us to conclude that one of the most effective actions we can take to address the impacts of inequality of income, wealth and opportunity is to help children in adversity and their families prepare for school.

As author Paul Tough, who has written extensively on education, concludes in his 2016 book *Helping Children Succeed: What Works and Why*:

“Helping children in adversity to transcend their difficult circumstances is hard and often painful work. It can be depressing, discouraging—even infuriating. But what the research shows is that it can also make a tremendous difference, not only in the lives of individual children and their families, but in our communities and our nation as a whole. It is work we can all do, whether or not it is the profession we have chosen. The first step is simply to embrace the idea, as those researchers did, that we can do better.”

Beginning on Sunday, January 22 following the service, and continuing monthly thereafter, the Early Learning Team of Project GRACE will be hosting programs helping us learn about the critical importance of affordable, high quality early learning and some of the successful programs that have been developed around the country. We will also be scheduling a discussion of Paul Tough’s *Helping Children Succeed* at a date to be announced later. In addition, we will be providing a resource list of books, articles and videos for those who want to learn more about this important subject.

All members and friends of UUFECO are invited to any or all of these programs. We look forward to engaging with you in this important work.

John Horwich, Project GRACE chair

Ministerial Search Update

Ministerial Search Q&A December 11, 12:00pm to 12:30pm Following Sunday Service

The Ministerial Search Committee invites you to a Q&A on December 11th, following the service. Please come with questions and we'll hopefully have answers.

Events and Announcements

Christmas Day Potluck Brunch Sunday, December 25 Following Sunday Service

Everyone is invited to share in an informal potluck brunch following the service on Christmas Day. We invite egg-based casseroles and favorite breakfast menu dishes, fruit and cheese plates, pastries and other holiday breads. Please either sign up on the clipboard at the kiosk, or RSVP to Grace Kennedy (gracekennedy@hotmail.com) with "UUFCO Christmas Potluck Brunch" in the subject line if you plan to attend, and what dish you will bring. Because of the Carols & Candlelight services the night before, our set-up (and clean-up) will be ad hoc on Sunday morning: everyone can pitch in to do what needs to be done.

SAVE THE DATE!! **All Congregational Workshop** **January 21, 9:00am to 3:00pm**

We are delighted Rev. Cat Cox, specialist in communications and covenant, will be with us January 20-22. Congregational leaders have been working with Rev. Cat for several months and we are delighted to make this available. Rev. Cat's teachings have the potential to change one's life and relationships. Lunch and childcare will be provided.

Save the date and watch the weekly emails for new information. Contact [Rev. Antonia](#) with questions.

NUUrishment Night Potluck & Religious Exploration

Our NUUrishment Night program wants to nourish you -
with food for the body, heart and mind!

Potluck - Wednesday, December 7 at 5:30pm

The monthly potlucks, scheduled for the first Wednesday of the month, allow us to share good food with one another, and get to know one another a little better - nourishing body and heart. The potlucks are family-friendly, and everyone's invited to come on out!

Religious Exploration - Wednesday, December 7, 14 & 21

You are also invited to share in our weekly NUUrishment Nights religious exploration: "Spirit of Life: Exploring Unitarian Universalist Spirituality." Each week is a stand-alone examination of some aspect of UU spirituality, using the words to the song "Spirit of Life" as our starting point. We meet at 7:00pm in Buckminster Fuller. [Chela Sloper](#) and [Kathleen Harrington](#), co-facilitators.

Board Meeting Thursday, December 8 6:30pm in Conference Room

If you are interested in having time on the agenda please contact [Mark Hickman](#). You are always welcome to come to a Board meeting.

Women's Spirit Circle Tuesday, December 20 6:30pm to 8:00pm Linus Pauling

Group purposes identified by the planning committee are - opportunities to share more deeply with one another, sharing different spiritual practices, opportunities to discuss topics and issues that are of particular interest for women, and an opportunity to attune with others in our congregation.

Childcare will be provided. Please RSVP to [Kristel Masterson](#) if you wish to use childcare.



**Meet the President
Sunday, December 18
11:45am after Sunday Service**

Please join us for our monthly "Meet the President" gatherings. Mark Hickman looks forward to talking with all of you and addressing any questions.

**Governance Task Force
Tuesday, December 27
1:00pm to 3:00pm in the Conference Room**

Agenda items include:

- Policy for Fellowship Committees
- Connecting with congregants

All are welcome!

If you want more information please contact [Wendy Howard](#).

Social Justice at UUFCO

**Community Dinners
Make a difference and volunteer!**



**Bethlehem Inn Dinners
Bend
Thursday, December 15**

Please note that this is the **THIRD** Thursday of the month because of the holidays. You can prepare turkey meatloaf, mashed potatoes, mixed vegetables, cupcakes or 1% mile...or be a server! Or both!

No experience is necessary. Thank you!

Sign up using this [link](#), at the Sunday sign-up table, or by emailing [Leslie Koc](#).

Jericho Table
Serving Your Community in Redmond
Saturday, December 24

Please come and help other UUFCO'ers as we bring food and serve a "party" dinner for the Jericho Road/Table program once each month. Sign up at the link below to provide a main course, a fruit/veggie salad, drinks, or a dessert for 45 hungry people. We also need servers to help with the meal. Please join us!

Sign up by emailing [Pam Horwich](#).

GCC for December

Bethlehem Inn

Bethlehem Inn is a community-supported emergency shelter that provides a warm, safe place to sleep, nourishing meals, and case management services for adults and children experiencing homelessness in Central Oregon. This life-saving and life-changing work could NOT be done without the generosity of the community.

Requested Donations or Volunteers

Potluck Hosts for NUUrishment Nights

We will be having a potluck **once a month** on a NUUrishment Night. If you would like to become a Potluck Host, please contact [Chela](#). Responsibilities are: come early to set up tables for food, set out plates and silverware, welcome friends as they arrive, oversee clean-up.

RE Classroom Volunteers Needed!

RE classroom volunteers needed! To ensure our Religious Exploration program is up to safe church guidelines and that we are protecting both our adults and children in the program, we need two adults in each class a week! Volunteering in Religious Exploration as a classroom assistant requires no prep work and is a meaningful way to get to know the children and youth in our congregation. You would be assisting our lead RE teachers with discussions and activities during our 30-45 minute RE classes. Please contact [Ayla Halberstadt](#), Director of Religious Exploration to sign up today!

Adult RE Offerings

Spirituality Book Club

Meets 2nd Tuesday of each month in the Linus Pauling room. Next meeting is December 13 from 5:30 to 7:00 pm. Drop-ins are welcome.

In December, we will begin exploring Marshall Rosenberg's book, Non-Violent Communication: A Language of Life. The suggested reading for December is the Preface, and Chapters 1 - 3. The format is experiential; we will spend most of our time practicing compassionate communication, using the reading as guidance. No prior knowledge of Non-Violent (Compassionate) Communication is needed. Any questions, contact [Robin Slocum](#).

Yoga and Relaxation

Give yourself the gift of Yoga at UUFECO!

Wednesday mornings from 9:30am to 10:30am

This is a gentle yoga class appropriate for those new to yoga and for those who have experience. We use yoga props to provide support to different poses so that the practice is supportive for everyone. Yoga enhances overall physical wellness. Wendy Howard will be teaching December 7 and December 28 and Laura Donohue is teaching December 14 and 21

Monday evenings from 5:30pm to 6:30pm

This yoga class will be a restorative or a yin yoga class. It is appropriate for beginning students or those with experience. For both types of class props are used to help each student relax into poses and stay in them for a little longer period of time. Deepen your experience of relaxation and well being. Kyra Kadhim will be teaching the evening class in December.

Questions about the yoga classes in December can be directed to [Wendy](mailto:whoward610@gmail.com) at whoward610@gmail.com

Dances of Universal Peace

[Chela Sloper](#) hosts the monthly gathering of Dances of Universal Peace - celebrating traditions through song and movement. Join us December 27 at 7:00pm.

ONGOING THIS MONTH

Chinese Essence Qigong

Offered Tuesday mornings from 9:00am to 10:00am. Contact [Steven](#) for more information.

Sunday Morning Meditation

Chandra Smith invites you to a weekly Sunday morning meditation before worship in the Founders Fireside at 9:00am. We have returned to a seated meditation inside. All are welcome. Email [Chandra](#) with any questions.

Other Offerings

Take advantage of Presidents' Day weekend to engage with UU women from around the world at the Third International Women's Convocation, Asilomar Conference Center, CA, February 16-19, 2017. Connect, share, grow, celebrate, and empower in the unspoiled surroundings of this tranquil retreat. Registration is \$350. Bring one, two (or ten!) friends from your church and you qualify for a group discount of \$50 off each!

An additional \$50 discount is available for UU ministers. Young adults aged 18-40 can register at a special all-inclusive package rate. If you are interested in offering a workshop, please fill out our workshop request form online. Visit IntlWomensConvo.org for all details

Good Times Activities

Card Night

If you are interested meeting people and playing cards, join us on Saturday, December 10 at 6:30pm. Call Jim for information at 541-410-4887.

Movie Night

Friday December 30 at 6:30pm. Bring snacks to share and your beverage. Movie to be announced in upcoming ACE.

UU Knitters

TBD

Hiking Group

Hikes to be announced in the weekly ACE.

Contact [Karen Maier](#) to be added to the email list or if you need more details on the hikes above.

Circle Supper

Date TBD. Contact [Pam Wilson](#) for more information.

Book Club Numero Uno (#1)

After a summer break, UUFCO Book Club "Numero Uno" has resumed our gatherings! *We invite new people to join Book Club Numero Uno.* We read a variety of books, both non-fiction and fiction. We meet on the first Wednesday of the month from 2:00 - 4:00pm in the Founders Fireside room. Please call Bo Hanson (541-550-7656) or Wendy Howard (541-598-4794) for more information.

Happy Birthday to....YOU!

Larry Baker

Paul Bennett

Stephen Day

Ed Funk

Dick Herb

Kris Jennings

Chase Jordan

Jan Lindeman

Karen Maier

Tom O'Brien

Mayme Trumble