

July 29, 2014
The Washington Unitarian Universalist Church
Route 110, Washington, Vermont www.washingtonvtuu.org

Worship Service Sundays at 10 AM, followed by a potluck lunch. All welcome. Childcare provided.

Adult Religious Education Post Potluck Small Group on most Sundays.

Films, Singalongs, Volunteer Opportunities, Adult Religious Education, & Potlucks throughout the week.

“If we have no peace, it is because we have forgotten that we belong to each other.” Mother Teresa

Sunday Morning Worship Services 10 AM

August 3 “Judge Not ...” with Rev. M’ellen Kennedy. This year a bunch of us met monthly to work together on being more compassionate people as we read together the book, “Twelve Steps to a Compassionate Life”. One of the biggest lessons some of us got out of it is an understanding of what an immense spiritual trap we get caught in when we judge others. Rev. M’ellen will share her reflections on the spiritual challenge of non-judgment. This service will build toward the depth and application which will be offered by seminarian, Andre Mol, the following week. With accompanist, Joan Stepanski. You’re welcome to stay for the Post Potluck Small Group discussion on the topic.

August 10 “Compassionate Communication” with Andre Mol. “Shared Space” Compassionate Communications calls us to speak at a level that honors emotions and connects each of us to our universal needs. This is not our typical way of speaking with each other. What would our world be like if we set aside our judgments, our ideas of right and wrong, and we spoke from that shared space of emotions and needs? Accompanist Helen Wilson. Andre Mol is a seminary student at Meadville Lombard Theological School and lives in Brandon, Vermont. M’ellen has had the pleasure of meeting him and talking with him about his fascinating work with compassionate communication. He has much to offer us!

August 17 “Creativity is Our Birthright!: Art and Spirituality” with Rev. M’ellen Kennedy. Art and Spirituality are two sides of one coin. Creativity is our spiritual essence. Let’s explore the spiritual power of art through music, poetry, dance and more! Special guest musician are Catherine Orr and violinist, Raymond Malone. Stay for lunch for a Post Potluck Circle of creative sharing.

August 24 “Becoming More Compassionate People: How Our Amygdalae Got Smaller!” with Members of the Universalist University Course Members including Rev. M’ellen Kennedy. This past year, eleven of us have been meeting about monthly and working our way slowly through the book, “Twelve Steps to a Compassionate Life”, by Karen Armstrong.” At each meeting we would discuss a chapter in the book. More importantly, with the intention of becoming more compassionate people in the course of our year together, we’d explore how we were learning to live the lessons from that chapter in our everyday lives. During this service, we’ll share some of what we learned in this collective endeavor. We had such a fun time that we want to do something similar next year. Accompanist to be announced. Please join us for a Post Potluck Small Group sharing on learning to live more compassionately.

August 31 “A Homily on Uncertainty” with Dr. Seth H. Frisbie. Our guest speaker will discuss the uncertainty in our daily lives, scientific discovery, historic records, and religious scripture. Accompanist Helen Wilson! This will be our final service for the season. No Small Group today. Happy Labor Day Weekend!

Sunday Post Potluck Small Group Discussions and Programs: From about noon until 1:30 at the church

Aug 3 “Non-Judgment” a Small Group facilitated by Rev. M’ellen Kennedy

Aug 10 “Compassionate Communication” a Small Group facilitated by Andre Mol.

Aug 17 “Creativity Circle” facilitated by Rev. M’ellen Kennedy

Aug 24 “Learning to Live Compassionately” a Small Group offered by the Universalist University Course members including Rev. M’ellen

Aug 31 None We typically don't have a group on our last Sunday since it's Labor Day and our closing worship for the season.

Poetry Hike August 5

Meet at George Plumb's house in Washington at 10:30. Please let him know if you will be participating by emailing him at plumb.george@gmail.com or calling 883-2313.

George Plumb will be hosting a "poetry hike" on his land on Tuesday, August 5th. The prime sponsor is the Green Mountain Club but the public is invited. Because it is also somewhat spiritual in nature people from George's churches and the Buddhist Peace Fellowship are also invited. This will be a moderately strenuous walk up a hill and along a plateau where we will stop, have lunch and enjoy one of the views. There are gorgeous views at different points which include all the way from Belvidere to Killington including Camel's Hump and the Mt. Mansfield Range. Photos are attached or can be sent. It will take about an hour and a half to get to the lunch place as we will stop along the way to recite poetry, preferably a bird poem, but any nature poem will do. Please bring one or two but if uncomfortable doing that don't worry. There will be plenty. Binoculars are good. Also, if you have an electronic device with a bird app on it then it would be fun to listen to the song as well. I have no idea how many bird poems are out there but I lay claim to a loon poem!

We will take a different route back down and end up at the "sacred circle" where we will meditate for a few minutes and enjoy the view. If you feel you can only go part way that is fine, you are then welcome to just sit and enjoy the view. The land used to be a dairy farm and remnants of the old barn can still be seen. George has researched and written a detailed history of the place if anyone would like to see it. Interestingly a couple of times it was owned by General Stephen Thomas of civil war fame, a painting of him is in the Cedar Creek Room of the State House, but there is no documentation that he actually lived there.

It is important that we do this on a clear day so if the weather is questionable we will postpone it to the next day.

Directions to Plumb's: Take route 302 from Barre to E. Barre. At E. Barre, just past Roland's quick stop, turn south down route 110. Arriving in the village of Washington take the first left just past the post office on the W. Corinth Rd. Bear right ¼ mile in staying on the W. Corinth Rd. Take the third left which will be part way up the hill and about 2/3 mile from the village. This is coincidentally (we had nothing to do with it) named "Plumb Rd." It is on the corner opposite the fenced in village water storage tank. The Plumb house is at the end of the road, 1/3 mile, and is just past a large solar panel. Park in the driveway. Please arrive by 10:30.

New Member Sunday

August 17 – Sunday during the worship service.

If You've found a spiritual home at the Washington UU Church, You're invited to join the congregation. Please speak with president, Sue Stukey or with Rev. M'ellen.

Rise Up Singing! Potluck and Sing-Along

Monday, August 18, Potluck starting at 5:30, Sing-Along starting at 6:30

Come lift your voice in song! We will gather together to sing songs from the Rise Up Singing songbook.

Each person will have a chance to choose a song or two, and the group will share the songs together.

Bring your Rise Up Singing songbook if you have one, or there will be some extras to share.

Erika Mitchell and friends will lead the singing.

Hike Thursday, August 21

You're invited to take a hike with Rev. M'ellen on the Long Trail. We'll meet at 2:30 PM at the Lincoln Gap parking area just off of Route 100 south of Waitsfield/Warren. We'll take a short, moderately difficult hike of 2.2 miles out and back, south from the parking area to Sunset Ledges. From there, weather permitting, we'll have a gorgeous view of Lake Champlain, the Adirondacks, and the Champlain valley. Hope You'll join us. And if You're up for more adventures that day, join us beforehand for lunch and an art show in Waitsfield (see detail above).

~Rev. M'ellen

Art Exhibit Outing Thursday, August 21

You're invited to Waitsfield (about half an hour from Montpelier) for lunch at an area restaurant followed by a trip to the Waitsfield United Church to view the art exhibit "Holiness and the Feminine Spirit: The Art of Janet McKenzie." We'll meet for lunch at 11:30 (to beat the noon rush). (M'ellen will choose a restaurant between now and then and let You know which one). Then we'll head to the church to view the exhibit at 1PM. You're invited to look at the short film about her work beforehand on her web site (www.janetmckenzie.com). Below is a description of the exhibit which is opening August 2 and showing for the month of August. So even if You can't join us on the 21st, perhaps You can catch the exhibit at some other time. And if You've got energy for more adventure, You're invited to join us for a short hike on the Long Trail not far from Waitsfield (see details below).

Holiness and the Feminine Spirit: The Art of Janet McKenzie

The Waitsfield United Church of Christ will exhibit the paintings of Vermont artist, Janet McKenzie, during the Vermont Festival of the Arts in August. This summer will be our second annual Art Exhibit in collaboration with The Festival of the Arts event in the valley. We are enormously privileged to be hosting Janet McKenzie and her beautiful paintings. Holiness and the Feminine Spirit is an exhibit of fifteen paintings modeled on two groups (women and people of color) that have been under-represented in traditional Christian imagery. Her painting Jesus of the People will be on view, offering a rare opportunity to see the original painting. Selected First Place Winner of the National Catholic Reporter's global competition for an image of Christ for the new millennium, the painting invariably generates conversation. Janet's paintings reflect her hope for greater love among all of us, for seeing with honest eyes, having an open heart, and an open mind. She strives to create art that celebrates our inherent similarities rather than our differences. What lies beyond skin and gender, within the depth of our universal soul is more alike than we'll ever know.

Janet will speak about her work and sign her book *Holiness and the Feminine Spirit* on Saturday, August 2nd, followed by the Opening Reception. Contact: 802-496-3065 (church), 802-723-4122 (artist)

Location: Waitsfield United Church of Christ, 4335 Main St. (Rte. 100), Waitsfield, VT
3:30 PM - 4:30 PM, Saturday, August 2, Artist's Talk
4:30 PM - 6:00 PM, Saturday, August 2, Opening Reception
12:00 PM - 5:00 PM, Thursdays - Monday, August 1-31, Exhibit open

OUR CHILDREN, CLIMATE, FAITH – Strafford Symposium

This event, held in the Strafford Town House on Aug. 23 & 24, will be "an inclusive symposium on moral, ethical, spiritual, and religious consciousness addressing climate disruption, social justice, and the rightful future of all children." The churches of Strafford are co-hosting the symposium. The keynote speakers will be Starhawk and Tim deChristopher. To find out more and

to register, go to: <http://faithclimateconference.org>

If You're interested in volunteering, You can sign up at the web site.

SUMMER READING

We're hosting some book discussions this summer on titles that some of us have been reading and are eager to talk with others about including.

Date To Be Announced, "Cold Mountain" by Charles Frazier Potluck at 5:30, Book discussion at 6:30. *"Cold Mountain, is a 1997 historical novel which won the U.S. [National Book Award for Fiction](#). It tells the story of W. P. Inman, a wounded deserter from the [Confederate](#) army near the end of the [American Civil War](#) who walks for months to return to Ada Monroe, the love of his life; the story shares several similarities with Homer's [The Odyssey](#)."* The novel, interestingly enough, also has Universalist connections! Rev. M'ellen learned about the Universalist connections while she attended the Universalist Convocation in Cincinnati this Spring. In real life, there is a Universalist Inman Chapel in North Carolina where Frazier's ancestors were members. One of the main characters, Ada, is the daughter of a minister. If you read the text with a theological eye, you can tell that they are Universalist, although Frazier doesn't spell that out. There is a fascinating article in the Universalist Herald that delves into the Universalist heritage of this inspiring novel.

Monday, August 25 "Salt Sugar Fat: How the Food Giants Hooked Us" by Michael Moss Healthy Potluck at 5:30, book discussion at 6:30. Michael Moss was awarded the Pulitzer Prize for explanatory reporting in 2010, and was a finalist for the prize in 2006 and 1999. He is also the recipient of a Loeb Award and an Overseas Press Club citation. Some of us started reading this book last summer, but we didn't have a chance to discuss it.

Help make our dear congregation function smoothly by volunteering. We need a few folks to arrive early on Sunday morning, greet folks, make coffee, etc...

We also need a few folks to serve as a worship assistant for our guests in the pulpit. Thanks to Deb Robinson and Set Frisbie who have helped with this already. We need someone for Sunday, August 10 when Andre Mol will be our guest in the pulpit.

Please speak with M'ellen or sign up on the clip board at the back of the church.

Washington UU Church Staff & Board

Minister: Rev. Dr. M'ellen Kennedy

President Pro-Tem: Sue Stukey

Clerk: Art Stukey

Treasurer: Robert Youngberg

Board Member-at-Large: George Plumb

Board Member-at-Large: Roberta Carrier

We welcome Robert Youngberg as our newest board member and appreciate his enthusiasm about serving as treasurer. Thanks to Art Stukey for his service as treasurer these years and his willingness to begin serving as clerk. Thanks to departing Board member, Steve Finner and his years of service. And deep appreciation for continuing board members Sue Stukey who has served as our president for many years, and to Roberta Carrier and George Plumb who are members-at-large. This congregation is fortunate to have such capable, dedicated lay leaders!