

**Awakening the Heart, Living the Love:
A Summer of Universal Love
At the Washington Unitarian Universalist Church
Summer, 2013 E-News ~ August 1st Edition**

Route 110, Washington, Vermont www.washingtonvtuu.org
Worship Service Sundays at 10 AM, followed by a potluck lunch.
All welcome. Childcare provided.

Adult Religious Exploration Group following the potluck on most Sundays.
Films, Singalongs, Adult Religious Education,
Potlucks, Young Adult Group throughout the week.

**PLEASE REFRAIN FROM WEARING SCENTS, HAIRSPRAY, PERFUMES, ETC.
Thanks!**

Dear Friends and Members of the Washington UU Church,

Happy Lughnasa!!! Lughnasa, named for Lugh, the Celtic God of music and the sun, is today, August 1. It's the halfway point between the Summer Solstice and the Fall Equinox, usually celebrated with lots of good food, singing and dancing around a bonfire. It is an exuberant and significant holiday in Pagan calendar and one of my favorites. So a Lovely Lughnasa to You!

I hope that You enjoy the service this Sunday with Rev. Abigail. She is a friend of mine and dear person. She'll be helping us as we continue to explore the theme of living compassionately. And in addition, she just returned from a trip to the Unitarian Churches in Transylvania with our UU Sister congregations! Did You know there were Unitarian churches in Transylvania? There are! And she had a wonderful trip. Perhaps she'll share some of that after the service on Sunday.

On Tuesday, eleven of us gathered at the church for a delicious potluck and viewing of an uplifting film. We had a wonderful time. The documentary was a story of transformation and left us all hopefully and inspired. It's called, "Fat, Sick and Nearly Dead" which sounds dire, but it's actually very engaging and optimistic. You can catch it on Netflix. I also own a copy, so if You want to borrow it, let me know. We'll also be continuing our exploration of health with a discussion of the book "Salt Sugar Fat" at the end of the summer (details are below). Hope You'll join us.

I have been in conversation with Katie Ball who is the principal at the Washington Village School, exploring ways that we might be able to collaborate. They are developing a new program this fall called "Community Experts" which will have folks come in and teach enrichment classes to small groups of kids for blocks of six weeks in subjects like knitting, woodworking, dancing, or foreign languages. Do You have a gift to share? Kathie says they're looking for volunteers. I'll be meeting with her next week and will let You know more after that conversation.

We're having a great summer exploring together how we can become more compassionate people, how to live Love, including how to be loving of our selves. We have lots more opportunities this summer for fun and fellowship including a film, books discussions, a hike, and a singalong as well as the Sunday activities. **There are some new dates and info below.** And Laelia Tawnamaia's ordination is just around the corner on August 18. The details on all of these upcoming events are below. I hope You'll join us on Sundays and/or at other times during the week. See You at church!

With love,

M'ellen

Rev. M'ellen Kennedy

Upcoming Worship Services 10 AM

August 11 "Friends on the Path" with Rev. M'ellen Kennedy. With Helen Wilson, accompanist.

August 18 Ordination of Laelia Tawnamaia. 10 AM to 11:30 AM We're delighted to be ordaining Laelia on this grand day! A letter from Laelia and details on the event are in the Newsletter (copies are on the table at the back of the sanctuary). We hope You'll join us! Anna Weisenfeld, from the St. Johnsbury congregation, will be serving as our accompanist. If You'd like to help out, contact M'ellen, Laelia or Sue Stukeby or add your name to the sign-up sheet at the back of the church. If You'd like to sing in the choir, speak with Steve Finner (rehearsal on Saturday, August 17 in St. Johnsbury).

August 25 "Who Are We Becoming? Learning to Live Love" Rev. Dr. M'ellen Kennedy. With Helen Wilson, accompanist.

September 1, Labor Day Worship Service followed by Picnic at the church. Rev. M'ellen Kennedy leading the worship service.

HIKE Friday, August 16, 2 PM

(Note that to clear the deer fly season, we're hiking a week later than initially planned)

Rev. M'ellen will lead us on a short hike to a spectacular view of the Champlain Valley. All are welcome. We'll meet in Lincoln, hike up to a lookout where we'll relax and have a snack. When we're ready we'll go back down. A stop for a swim at a lovely local swimming hole is an option for those who wish or perhaps go out to dinner at some local cool venue. This hike is a benefit for our Universalist University, our New Year Round Program. Suggested donation based on your ability. Please give a check to Art Stukey, our treasurer, for this. Thanks for your support of our new program. Add your name to the sign-up sheet at the church or contact Rev. M'ellen at 802-453-5469 or mellenken@aol.com.

Soul & Cinema Documentary Series Several Tuesday Evenings this summer

Start gathering at 5, Potluck at 5:30 Film starts at 6:30

August 20 "Mystic Iran: The Unseen World" This is a beautiful and intriguing film that is sure to make you think. The first known written declaration of freedom of faith was discovered on a stone scroll dating back to the time of Cyrus the Great, King of ancient Babylon. Persian filmmaker Aryana Farshad recently journeyed through Iran, which borders the ancient lands of Cyrus the Great, to film the great variety of ancient religious rituals still practiced deep within her native country. Over a period of nine months, Farshad filmed spiritual rites hidden for centuries from the outside world and in 2002 she completed the documentary *Mystical Iran: The Unseen World*. Farshad's camera crew traveled into women's chambers in the great mosques, captured a spontaneous fire ritual in a cave occupied by followers of Zarathustra, and filmed dervishes in the Kurdistan mountains performing sacred dances to pulsating drumbeats. From the narrow alleyways of Qom to the stunning interior of the great mosque, *Mystic Iran: The Unseen World* takes the viewer on a breathtakingly beautiful spiritual journey. A discussion will follow led by Rev. M'ellen Kennedy.

SUMMER BOOK DISCUSSIONS

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 the following titles.

Monday, August 26, "Caleb's Crossing" A novel by Geraldine Brooks. "Set in the 17th century on Martha's Vineyard, a new novel from Geraldine Brooks tells the tale of a Puritan family — and one daughter's relationship with the son of a Wampanoag chieftain who would become the first Native American to graduate from Harvard." (review by Alan Cheuse)

Dates to be Announced for "Salt, Sugar, Fat: How the Food Giants Hooked Us" by Michael Moss

Date to be Announced for "Now Is the Time to Open Your Heart" A novel by Alice Walker The Pulitzer Prize-winning author of *The Color Purple*, *Possessing the Secret of Joy*, and *The Temple of My Familiar* now gives us a beautiful new novel that is at once a deeply moving personal story and a powerful spiritual journey. In *Now Is the Time to Open Your Heart*, Alice Walker has created a work that ranks among her best achievements: the story of a woman's spiritual adventure that becomes a passage through time, a quest for self, and a collision with love."

Potluck Poetry Night

Thursday, August 29 7:30 pm

The Washington Universalist Church and Calef Memorial Library invite you to a poetry reading and discussion as part of Vermont Reads. The book this year is *Poetry 180*, a selection of modern poems collected to beckon even nonreaders back to poetry with short, accessible poems that delight, inspire, and challenge expectations. Copies of the book are available free at the library & church - pick one up ahead of time, then join us Thurs., Aug. 29 to share a dish, some poems, & your thoughts. All are welcome, so come even if you haven't read the book & hate poetry! These poems might just change your mind.

Rise Up Singing! Potluck and Sing-Along Monday, August 12

Gather starting at 5:30, Potluck at 6, Sing-Along starting at 7.

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

Summer Inspirational Reading:

Are You looking for some inspirational reading for the summer? You're in luck! Check out the two shelves of free books at the back of the sanctuary. New books arriving regularly. We're also reading and discussing some books together. Check out the clip board at the back of the sanctuary.

Interested in Joining the Congregation?

Have You found a spiritual home here? We'll have another opportunity to join in a few weeks. For more info speak with Rev. M'ellen Kennedy or President, Sue Stukey.

Universalist University: Our New Year Round Program

At the end of the summer, those who wish are invited to join our "Universalist University." We'll meet once a month – in person and/or electronically -- to continue our focus together on awakening our heart, learning to live love, and becoming more compassionate people. For a guide, we'll draw on the book "Twelve Steps to a Compassionate Life" by Karen Armstrong. The year round program will be led by Revs. M'ellen Kennedy and Laelia Tawnamaia. If You're interested in participating speak with M'ellen, Laelia, or president, Sue Stukey, or add your name to the Sign Up Sheet at the back of the church. Before the end of the summer, we'll have an in person meeting of those who want to participate.

Newsletter& Church Mailing List

If You'd like to receive our Weekly Eblast with updates about church events or to be on our US mail mailing list, please add your name to the clipboard at the back of the church or email Sue Stukey at sastukey@aol.com. Copies of the latest Newsletter are at the back of the sanctuary.

Check out our updated web site! www.washingtonvtuu.org

Thanks to the work and talent of Laelia Tawnamaia.

You're invited to contribute photos, testimonials, history and other materials.

Thanks to Charles Ferry and Seth Frisbie for their photos recently added to the site.

Collaboration with the Washington Baptist Church?

Rev. M'ellen and Rev. Ross from the Baptist Church across the street have become friends and are exploring ways that our congregations can get to know each other, have fun, sing and serve the Washington community together. Stay tuned!

LOCAL TALENT NIGHT CONCERT?

Anyone interested in helping plan a local talent night with area artist? Sarah Costa is working on it. Please talk with Rev. M'ellen.

OUR CHILDREN, CLIMATE, FAITH – Strafford Symposium

This event, held in the Strafford Town House on Aug. 16 & 17, 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. A diverse roster of 16 speakers, including Bill McKibben, will participate. To find out more and to register, go to: <http://faithclimateconference.org>.

Dying Green

Green Burial, what is it? Is it new or old? Why do environmentalists talk about it so much?

If you would like to learn more, you are invited to attend a short video presentation, *Dying Green*, at the Montpelier Senior Activity Center, 58 Barre Street, Montpelier on Friday, August 23rd, 4:30 PM to 6:30 PM. Light refreshments. Free and open to the public.

For more information contact: Mary Alice Bisbee at 802 223-8140 or email mbisbee@myfairpoint.net.