

# At the Washington Unitarian Universalist Church

## July & August, 2014

Route 110, Washington, Vermont [www.washingtonvtuu.org](http://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.



### Sunday Morning Worship Services 10 AM

**July 13 “New Church for a New Era” with Rev. Dr. M’ellen Kennedy.** The spiritual longing which we each experience is a timeless part of our heritage as human beings. The form which this longing takes on, changes from era to era. It is clear that the old forms are in need of renewal and indeed, many new, exciting forms are emerging. In the New Testament, Jesus says, “No one pours new wine into an old wineskin.” What are your inspirations and dreams for creating vibrant community? Let’s explore how we can fulfill our spiritual longing, taking the best of what tradition has to offer and being open to fresh perspectives and renewal. The Post Potluck Small Group today will be offered by Rev. M’ellen and Sue Stukey, will be a continuation of this topic.

**July 20 “Eastern Practices for Well-Being” with Rev. Dr. M’ellen Kennedy.** As we find our way into new ways of creating spiritual communities, bridging Eastern and Western traditions offers a rich opportunity. This week we’ll turn to the East for inspiration on practices for living well on the earth as spiritual beings. Rev. M’ellen will share with us Sufi, Buddhist, and Hindu practices. Next week, we’ll turn toward our own Western Christian tradition for inspiration. Join us for both services. Accompanist to be announced. The Post Potluck Small Group will be on this topic and will be facilitated by Rev. Laelia Tawnamaia by Skype.

**July 27 “Universalism: Real Religion” with Rev. Richard Trudeau.** Rev. M’ellen had the pleasure of meeting Universalist historian, Rev. Richard Trudeau, at the Universalist Convocation in Cincinnati in May. It turns out he’ll be in Canada in our neighborhood this summer and agreed to drop by and preach for us. He has written a book on Universalism which we’ll be reading. Here’s a quote from the book: “In Universalism, the reward for doing good is not salvation in a possible next life but happiness in this one.” Accompanist to be announced. Rev. Trudeau has graciously agreed to stay for the Post Potluck Small Group discussion of his book. Promises to be a rich Sunday.

**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 to be announced.

**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 musicians on tap! Stay after lunch for a Post Potluck Circle of creative sharing and perhaps drumming.

**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. 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**

**July 13 New Church New Era:** *A discussion of what we witnessed and gleaned from the UU General Assembly (GA), (which is happening June 25-29 in Rhode Island) with Sue Stukeley and Rev. M'ellen Kennedy. GA this year is replete with programs on new ways of doing church. Sue and M'ellen plan to go to as many as they can and return to Washington with some stories to share and some gems. We hope You'll join us and add to this your own dreams for building vibrant spiritual community.*

**July 20 "Eastern Spiritual Practices for Well-Being: Wheels of Vibration in A Subtle Energy Body - Introduction to Chakra:** *A basic understanding of Hinduism, Yoga, and Ayurveda is that a field of energy invisible to most, surrounds and infuses each of us and all beings. Our individual vibrational fields interact with the fields of those around us and ultimately reflects the state of our spiritual development and well-being. The chakras are wheels or vortices of particular focus and movement which we can consciously influence. You're welcome to join us in expanding our Western-trained minds to consider these teachings and experiment with meditations for grounding and clearing subtle, but often palpable, energies. This session will be guided by Laelia Tawnamaia, UU Minister in Community and student of Eastern spiritualities.*

**July 27, "Universalism 101"** *A discussion of the book by Rev. Richard Trudeau facilitated by Rev. Trudeau. Copies of the book are available at the church for \$12.50.*

**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.

## 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.**

## 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](http://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 21<sup>st</sup>, 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

# 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



## Rise Up Singing! Potluck and Sing-Along

Mondays July 14 & 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.



## Soul and Cinema Documentary Series

Monday Evening Potluck at 5:30 Film starts at 6:30

**July 21, "El Sistema"** "El Sistema is a network of children's and youth orchestras, music centres and workshops in Venezuela, in which more than 250,000 children and young people are currently learning to play an instrument. It was set up over thirty years ago by José Antonio Abreu, who was driven by the utopian vision of a better future. The story, which has all the makings of a fairy tale, is the extraordinary account of a vision that has become reality. Several of El Sistema's young graduates now rank amongst the most coveted young talent in Europe – the most prominent being the conductor Gustavo Dudamel. This documentary, El Sistema, shows how Abreu's astonishing ideas have led the way out of the vicious circle of poverty and how the power of music has been able to change the lives of hundreds of thousands of young people. The film shows the gripping way El Sistema functions on a daily basis in a typical núcleo: the La Rinconada núcleo is located adjoining the barrio of the same name. The area around the núcleo is considered one of the most dangerous and poorest areas in Caracas. Up to 300 children find their daily destination here." This film will leave You uplifted and smiling. A discussion will follow led by Rev. M'ellen Kennedy.

## 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.

**Sunday , July 27 "Universalism 101" by Rev. Richard Trudeau** Post Potluck Small Group, Rev. Richard Trudeau will be present and facilitate. The book gives a quick overview of major Universalist leaders and theological ideas, Universalist leadership in significant social issues and the importance of this part of our heritage for today.

M'ellen has purchased 10 copies of the book and they are for sale at the church for \$12.50 each. Please leave a check or cash in the envelope by the books.

**Monday, August 4, "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.

## **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, sign up at the web site.

## **WASHINGTON UU CHURCH**

### **Volunteer Opportunities!**

### **Washington Village School & Calef Library Announce The SUMMER FOOD PROGRAMS for Washington Children and Youth ages 0-18**

A Community Forum was organized by Kathie Ball, principal of the Washington Village School on May 13 at the school at which a sizable contingency from our Washington Unitarian Universalist Church attended. Others present were April from the Calef Library, Carol from the Town Hall, representatives from Hunger Free Vermont, and various enthusiastic community members. It was a great meeting with so much collaboration and a pervasive "we can do it!" attitude. From this was born the first Washington Summer Food Program!

This is a perfect opportunity for members of our congregation to get involved. The food will be provided through Hunger Free Vermont. What is needed is several volunteers (like us) at the Library at each time slot to supervise the program during lunch time and to help clean up. The dates are July 7th to August 14th, Monday-Thursday. Sarah Teel has created a calendar that you can view here:

[https://www.google.com/calendar/embed?src=4pltsp5ihfsbv8ulj6b4j1iu3c%40group.calendar.google.com&ctz=America/New\\_York](https://www.google.com/calendar/embed?src=4pltsp5ihfsbv8ulj6b4j1iu3c%40group.calendar.google.com&ctz=America/New_York)

You can click ahead to see the calendar for July and August and you'll see the all the days meals will be served and for which we need volunteers. Let Sarah know if you would like her to sign you up by contacting her at 802-589-4050.or sarahteel@gmail.com. Meals are served at 12 so it would be great if volunteers could be there by 11:45, and the lunch will be over at 12:30. We're just looking for extra adults and cleanup will be minimal--as you said, food will all be pre-packaged.

The staff person at the Calef library, April, will then bring kids over to the library for that programming and she could also use volunteers who would be willing to continue on and help supervise the kids. So, volunteers could either be done at just after 12:30 or at 2 if they wanted to help with the library programming too.

In addition to the meals, the school and library are also offering for the first time, a summer morning enrichment program which will focus on math, science, reading and fun. If You would like to volunteer for this, please contact principal, Kathie Ball at kball.wvs@onsu.org,

Rev. M'ellen is volunteering on some Mondays. This is a perfect way we can be good neighbors and get involved in the life of the Washington Community. Hope to see You at the meals or the library.

**Washington UU Church Board**

President Pro-Tem: Sue Stucky

Clerk: Art Stucky

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 Stucky 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 Stucky 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!