



First Unitarian Universalist CONGREGATION OF ANN ARBOR

This Week at UUAA January 27 - February 2, 2022

If you are unable to view this entire email, scroll down to the bottom and click "view entire message." The email ends with a "contact us" button and our address.

The *Weekly News* is distributed each Thursday. Deadlines for submissions are Tuesdays at 5:00pm.

The deadline for the next *Weekly News* February 3 - 9 is Tuesday, February 1 at 5:00pm Eastern [through this form](#).

Questions? [Watch this video](#) on how to submit to the *Weekly News*, or email Hannah at communications@uuaa.org.

Support the ministries of UUAA: Make an online offering



Sunday Worship

The Things We Ponder Question Box Service

Sunday, January 30, 9:30am & 11:30am

Submit Questions by January 29

Join us this Sunday as we participate in our annual question box Sunday service - it's always an annual favorite! Submit your spiritual, ethical, theological ponderings, wonderings, dilemmas, and questions in advance and they will be answered in the moment, unscripted! All ages are invited to participate. Submit your Question [here](#) before Saturday, January 29.

Services are held in person and livestreamed. If you prefer to attend from home, join us at uuaa.org/service.

After the Sunday Service

We will be serving grab-and-go doughnuts at the main entrance for you to take with you as you leave UUAA on Sunday morning. There will be a limited number of tables set up in the Social Hall for social justice and fund-raising activities after both services.

Covid Safety Policy

Please note our [Covid Safety Policies](#): *Anyone entering the UUAA building for activities/business is expected to be fully vaccinated and boosted, as eligible, and must remain properly masked at all times. [A video of our updated policy is available here.](#)*

*Exception to the mask requirement: Members of the worship team who are actively speaking may remove their masks. All unmasked speakers on the chancel have tested negative in the preceding 24 hours.

Need more worship in your life? Watch past services, music, and stories in [our website archive](#).

Announcements & Upcoming Events
For a full list of events, [visit the UUAA Calendar](#).



UUAA 2021 Giving Statements Via Email

In an effort to save both paper and postage, UUAA will be emailing your UUAA 2021 Giving Statements to the email address we have on file. The subject line for the email will read "Your Giving Statement from First UU Ann Arbor." If you have any questions or need a paper copy mailed to you, please contact either debita graham at debita@uuuaa.org or Ed Lynn at ed@uuuaa.org.



Mark Nepo Workshop: "Pain, Fear, and Things As They Are"

Saturday, February 19, 1:00pm - 5:00pm

Join us for a workshop given by best-selling *New York Times* author, philosopher, poet, storyteller, and spiritual teacher, Mark Nepo! This workshop aims to uncover and personalize pathways that allow each of us to right-size our own pain and fear, so that we are not crippled by it or drowning in it, but rather living with it and still moving forward—fully present in what life is offering us now.

Registration is required.

For details and to register, click here. Mark will also be with us leading Sunday morning services on February 20, with "Heartwork: Being a Spirit in the World."

**Feb 6 Gathering Table
Anti-Racism/Anti-Oppression**



Register Now Anti-Racism/Anti-Oppression Gathering Table

Sunday, February 6, 2:30pm - 4:00pm

Zoom registration for the February 6 Anti-Racism/Anti-Oppression Gathering Table is now open! What better way to spend a winter's afternoon than helping to chart our collective path toward this Vision 20/50 Priority?

Register here for the Zoom link.

Here is a **summary** of the anti-racism/anti-oppression work that 15 congregational groups are already doing. Please look it over in advance if you are able. We'll use our time together to reflect on priorities within this wide landscape of anti-racism and anti-oppression efforts and seek ways to help each other on this journey. Every voice is welcome and valued. If you would like to serve as a discussion facilitator or notetaker, please let the organizing team know at ARAO@uuaa.org.



We Need You

As we transition to a much smaller staff team, we need some extra help. Would you consider helping in one of the following areas:

Sunday Building Attendant (12:30pm - 2:00pm on select Sundays) - Help with light tasks as needed and then lock up the building. [Sign up here.](#)

Livestream Chat Hosts (one hour on occasional Sundays) - Greet people and monitor the chat during online worship services. [Sign up here.](#)

Administrative Help (flexible scheduling and time commitment) - We have a wide variety of administrative jobs suited to any skill level/expertise. Send your interests and availability to Rev. Cassandra at cassandra@uuaa.org.



Afghan Resettlement Support

UUAA Immigration Action Coalition is working with Jewish Family Services (JFS) to co-sponsor a displaced

Afghan individual or family and resettle them here in our community. UUAA volunteers will support them by helping find housing, healthcare, employment, education resources, transportation, etc. and by partially financing their living expenses for some time. Join in welcoming and supporting the family.

Sign up to [volunteer here](#).

Donate on Realm with the Afghan Resettlement Fund tab [here](#).



Sunday FunDay

Sunday, January 30, 12:30pm - 1:30pm

All ages are invited to join SunDay FunDay for a snack, crafts, and games. Enjoy some cocoa and snow-inspired treats in the courtyard outside the Social Hall. Then warm up at the craft table where we will be making nightlights to get us through the long winter. Try your hand at a snow-inspired game, and snap a photo at our photo-op booth!

Questions? Email Hannah Hotchkiss at Hannah@uuaa.org.



Memory Loss Support Group for Caregivers Zoom Meeting

Wednesday, February 2, 3:00pm - 4:30pm

If you have a friend, spouse, or partner with memory loss, you are invited to attend the support group that meets on the first Wednesday of every month from 3:00pm - 4:30pm. This group is a partnership of the UUAA Pastoral Care Team and the Alzheimer's Association. The group provides a safe and confidential space where you may ask questions and share your story.

For more information and/or the Zoom link for the February 2 meeting, contact one of the facilitators: Joan Burleigh at joburleigh@aol.com, Sandy Kunkle at sandykunkle@gmail.com, or Meredith Ley at meredith1888@gmail.com.



UUAA Fiber Arts Group

Saturday, February 5, 11:00am - 1:00pm

Wednesday, February 16, 7:00pm - 9:00pm

Come knit, crochet, embroider, or engage in some form of fiber arts together. UUAA Fiber Arts Group meets on the first Saturday and third Wednesday of the month for fellowship and sharing of knowledge

and ideas. If you are a beginner looking for support or an experienced crafter, all are welcome. We also have quilters that have joined us. If you would like to make comfort shawls or baby blankets for Pastoral Care, arrangements can be made to supply you with the yarn and pattern.

We meet the first Saturday of the month 11:00am - 1:00pm in person at UUAA in the Young Room and the third Wednesday of the month 7:00pm - 9:00pm on Zoom.

For a Zoom link or questions, send us an email at crafters@uuaa.org.

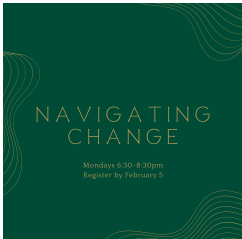


Sharing the Collection

Sunday, February 6

The first Sunday of every month UUAA shares the collection with a worthy organization. On February 6, we will Share the Collection with Michigan UU Social Justice Network (**MUUSJN**), a UU action organization whose vision is "Michigan faith communities connected and empowered to create a more just and caring world."

Questions? Please contact Jan Duncan at janetdunc@gmail.com.



Navigating Change

Mondays, beginning February 7, 6:30pm - 8:30pm

Register by February 5

Major life transitions are always hard, and in this time of great upheaval in the wider world, they are even more challenging. In this class, we will gather for support and to explore the tools found in Bruce Feiler's book **Life Is in the Transitions: Mastering Change at Any Age**. Facilitated by the Rev. Cassandra Hartley.

Mondays, 6:30pm - 8:30pm on Zoom

7 sessions: February 7 & 21; March 7; April 4 & 18; May 2 & 16

Register here by February 5. Questions? Email cassandra@uuaa.org.



Singles Space

THURSDAYS 7-8:30PM

Singles Space

Thursdays, February 10 - April 7,

7:00pm - 8:30pm

Register by February 6

(Ages 25+) Being single comes with both great gifts and great challenges in our society. This is a space for single/unpartnered people to gather for

support and to explore spiritual practices designed with these gifts and challenges in mind. Facilitated by the Rev. Cassandra Hartley.

Thursdays, 7:00pm - 8:30pm on Zoom

8 Sessions: *February 10 - April 7* (no meeting March 17)

Register here by February 6. Questions? Email cassandra@uuaa.org



North Ann Arbor UU

Tuesday, February 8, 7:00pm - 8:30pm

UUA North is a social group that gathers to share reflections on topics suggested by the members of the group. Our February meeting will center on the idea "What do I need to clear up or let go of to be more peaceful?" Please email qnorthrup@gmail.com in advance to receive the Zoom link for the meeting.



Mindful Aging

Saturday, February 12, 1:00pm - 2:30 pm

Please **register here** for the UM Healthy Aging series; then join fellow congregants for a discussion of the January theme of "Aging in Place" on February 12, 1:00pm - 2:30pm by Zoom. UUA's Mindful Aging discussion will offer you a chance to hear others' experiences and share your own. To get the Zoom link for the discussion or if you have questions, email Sandy at sbreck@umich.edu.



Khasi Hills Student Sponsorship Kickoff via Zoom

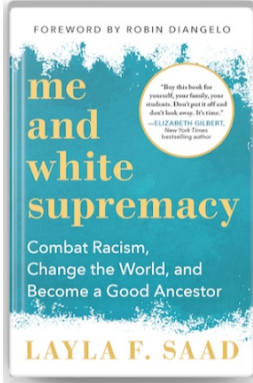
Sunday, February 20, 2:00pm - 3:30pm

Join us on Zoom to hear what's happening at the elementary school in the rolling Khasi Hills of northeast India where UUA members have sponsored about 100 students each year for many years.

Learn what a difference a \$50 sponsorship can make. Join us to sign up to become a sponsor, to renew your sponsorship, or just to discover more about the lives of students who call us at UUA "the Big Hearts."

Email khasihills@uuaa.org to receive the Zoom link for this event.

Sign Up for *Me and White Supremacy* Book



Circle

Wednesdays, February 23 - March 23,
7:00pm - 8:30pm

The Racial Justice Arc warmly invites you to participate in a small-group reading and discussion of *Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor* by Layla F. Saad. The book and associated journal prompts teach readers to understand their white privilege and their participation in white supremacy. The author suggests, "Create the change the world needs by creating change within yourself."

The book group will take place via Zoom starting on Wednesday, February 23 from 7:00pm to 8:30pm with co-facilitators Sally Preston and Bob Dinan. It will run on Wednesdays at 7:00pm weekly for five weeks, ending on March 23.

Sign up for the Book Circle here. A weekday morning group will be forming as well; keep that in mind if this first group's timing doesn't work for you.

With Black History Month coming in February, this is a great time to commit/recommit to personal growth, reflection, and anti-racism work. UUA President Susan Frederick-Gray penned a **great article** on this recently.

Questions? Reach out to RacialJusticeArc@uuaa.org.



Green Corner: The Plastics Problem

The plastics industry promotes the idea that plastic can be recycled, putting the responsibility on consumers to do so. In reality, the market for recycled plastics is small.

In 2018, roughly 8.7% of plastics were recycled, 15.8% were incinerated, and 75.5% ended up in landfills or trashed in nature. The Great Pacific Garbage Patch (floating plastic) is now twice the size of Texas.

Action: Switch to products with better packaging, such as shampoo bars in cardboard boxes, and then tell companies why you have switched.

Check out: pbs.org/wgbh/frontline/film/plastic-wars/ and consumerreports.org/environment-sustainability/the-big-problem-with-plastic/

Links

[Reserve a Zoom room](#) | [View past services](#)
[Log in to Realm](#) | [Make your pledge](#)



[UUA.org](#) | [MidAmericaUUA.org](#)
[Side with Love](#) | [UUCSJ](#) | [DRUUMM](#) | [BLUU](#)



Contact Us

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