

First Unitarian Universalist Congregation of Ann Arbor, Michigan

Nurture Your Spirit. Help Heal Our World.

October Newsletter

October 1, 2016 - Vol 10, Issue 10

Congregational Links

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[UUA.org](#)

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Weaving Worship

October 2016 | Spiritual Practice

For October's worship, we find focus in questions of spiritual practice.

All of you is welcome here as we gather again.

The Worship Planning Team at UUAA

Allison Halerz, Pianist-in-Residence

Rev. Cassandra Hartley, Assistant Minister for Spiritual Growth and Development

Dr. Glen Thomas Rideout, Director of Worship and Music

theresa rohlck, UUAA Member

Rev. Lindasusan V. Ulrich, Assistant Minister

Rev. Doug Wadkins, Senior Minister

October 2, 2016

Worship: 9:30am and 11:30am

Spiritual Practice | Where?

For more than 40 teachers and hundreds of students, last Sunday began a year-long weekly journey into deep questions of life and spirit. During this worship service, we recognize our Spiritual Growth and Development teachers at the start of a new year of learning.

For others of us still, the way to a steadfast spiritual practice can appear elusive, daunting, even intimidating. Where does one even begin?

Start where you are.

October 9, 2016

Worship: 9:30am and 11:30am

Spiritual Practice | When?

"Perhaps this is the essence of what the mystics call the faith experience...

for an eternity that can last a microsecond or a thousand lifetimes,

I soar across the dark void of 'the past is gone, the

future is not yet here.'

Its called transition...
the most alive, most growth-filled, passionate,
expansive moments in our lives."

- Danaan Parry from "The Flying Trapeze" in *The Essene Book of Days*

October 16, 2016

Worship: 9:30am and 11:30am

Spiritual Practice | Who?

"We come together...to remind one another
To rest for a moment on the forming edge of our lives,
To resist the headlong tumble into the next moment,
Until we claim for ourselves awareness and gratitude,
Taking the time to look into one another's faces
And see there communion: the reflection of our own
eyes."

- Rev. Kathleen McTigue

October 23, 2016

Worship: 9:30am and 11:30am

Spiritual Practice | What?

"Going to church, even belonging to it, did not solve
life's problems - if anything, they seemed to intensify...
[B]ut it gave me a sense of living in a larger context, of
being part of something greater than what I could see
through the tunnel vision of my personal concerns.

[W]hat once was strange now felt not only natural but
essential.

[T]he practice of regular attendance...,
which such a short time ago seemed religiously
"excessive,"
no longer seemed enough."

- Dan Wakefield for *The New York Times Magazine*

October 30, 2016

Worship: 9:30am and 11:30am

Spiritual Practice | Why?

"For my part, this is the answer:
Prayer ought never be purposed for
acquisition....Prayer is the conscious exercise of the
mind. Prayer is the very vital practice of attendance.

For what becomes of the life which cannot notice itself

What fails to become from the tears even their creator
never learns to attend?"

- Dr. Glen Thomas Rideout



Dr. Glen Thomas Rideout
Director of Worship and Music
glen.thomas@uuuaa.org



In the Interim

Rev. Dr. Doug Wadkins



Hello good people,

What a full and wonderful September it has been! October brings new possibilities, and a new theme in worship: we will explore the role of spiritual practice in our lives. This is an area of great resonance for me. I experience that so much of what we do that matters in our lives may be understood as being a spiritual practice. It moves into the possibility of being a spiritual practice when we bring meaningful intention to its craft and use. It may practice the ongoing work of the spirit when we bring an exploration and understanding of the larger significance of what we do regularly that might seem mundane and ordinary, but truly has transformative implications. It may become a spiritual practice when we open our deeper selves to the workings of that change and mark its soulful creativity within us. For instance, as a Unitarian Universalist minister, I find the ways that I and we choose to connect are indeed a spiritual practice. For instance, the conversation that I have been having with leaders in the congregation and the gleanings that have come out of these have been very rich and helpful in the past weeks. They also convey something of lasting value and continue to work within me throughout my time with you. The opportunity to share some of the core stories of the congregation has sacred implication. Those stories shape the essence of our ministry together, and continue to work in your lives for years to come.

The process of sharing such essential information is by no means over--much of the crucial work of the first year is about making these connections and sharing an ongoing and developing sense of who we are and its implications for our time. You have some further opportunities coming up to share your thoughts and explore the core components of our work for the two years. I invite you to be in the conversation. One opportunity is at the Q&A sessions that will continue monthly with the Board President, Beth Hospadaruk, myself, and, I hope, with you as well. Our first session will be on Sunday, October 9 after the second service. This will be a chance to ask your questions about the interim time and find out some of the essentials.

I also invite you to a Congregation-Wide Story Sharing Session on Saturday, November 19 from 9:00am to noon at the church. This interactive gathering will offer the opportunity to share with each other important stories about the congregation and to explore how these stories illuminate significant values. We will explore more--How might they shape the congregation's sense of mission? How do these compare to the core values identified in the last interim period? How will they help you discover the right fit for your next lead minister? Mark your calendars and RSVP by [clicking here](#), and join us for this important spiritual practice in community-building and exploring, together, the Good Work.

Blessings for our journey in and through October. See you soon!

Doug

Rev. Dr. Doug Wadkins
Senior Interim Minister
doug@uuuaa.org



Upon Reflection

Rev. Lindasusan Ulrich, Assistant Minister

I'm one of those ministers who gets excited about generosity as a spiritual value. Call it a by-product of working at an LGBTQ community foundation for eight years, but I'm inspired by what becomes possible through collective strength--and through collection strength.



More than that, though, generosity is also a spiritual practice. I know people for whom the act of writing a check to the congregation every week refreshes their commitment to its larger purpose as much as the worship service itself. For others, the process of deciding how much to pledge each year invites them to consider their most cherished values and the role that spiritual community plays in how they live them out.

When I access my wellspring of gratitude, I find generosity flowing naturally.

I also try to pay attention to the sensations and internal stories that come up when I'm asked to give. When do I notice the impulse to share my time, my money, my love? How does my soul respond when I follow through on it? What are the conditions that shut the impulse down or block its way?

Whatever our financial means, we can choose whether to live from a sense of abundance or a sense of scarcity. Studies show that those who donate the largest percentage of their incomes to nonprofits are those with the lowest incomes. When you're poor, you know firsthand how precarious life can be when you're strapped for cash. Interdependence isn't just a word in a set of principles but a critical means of survival.

In reality, everyone's survival hinges on interdependence. What we can do together is greater than what we can do ourselves.

During the stewardship drive this month, the Fundraising Team invites you to think about your financial relationship to the congregation in a new way. "Five to Thrive!" asks each household to give 5% of their income to UUAA as a way to sustainably fund the ministries that change people's lives.

What would it take for your pledge to reflect what this spiritual community means to you? What are all the ways you practice generosity?

Peace,
Rev. Lindasusan

Assistant Minister
lindasusan@uuuaa.org



President's Message

Beth Hospadaruk, Board President

Welcome to October!

The fall season is upon us, and the hustle and bustle of the new church year is all around. On Sunday, September 18, during the Board Investiture portion of the service, I stood at the pulpit and looked out at all of you. As I begin the second year of my presidency, it is in moments like that where I feel so honored to be the president of this congregation and very happy that I said yes to this volunteer gig. You might wonder why anyone would want to do this. Let me just say that I view this as my spiritual work, just as important as facilitating Coming of Age, YRUU, or any of the many other ministries that I have been involved in. Take a moment to think about what you do for this congregation and why. When we work together, there is no limit to our accomplishments and the lives we can change with our actions.



The Board of Trustees (BoT) has supported the formation of a Governance Task Force Team headed up by Sandy Simon, to work with Rev. Doug and the BoT on clarifying and streamlining parts of our governance system. We are all reading the Dan Hotchkiss book *Governance and Ministry; Rethinking Board Leadership*, 2nd Edition. Doug will be guiding us to make meaningful changes that will clarify the role and responsibility of our next called Senior Minister as well as other areas that have not worked well for us. This is straight out of our new [Strategic Plan](#), so we are on track to clean this up. Stay tuned to hear more about this in upcoming Q&A sessions, forums, and newsletter articles.

Speaking of Q&As, our first President/Sr. Minister Q&A session will be held on Sunday, October 9 at 1:15pm after the Involvement Fair, which will be taking place in the Social Hall following both services. Join Rev. Doug and me in the Jackson Chapel after the second service where Doug will be sharing what his role is as our Interim Minister and what responsibilities we have during these next two years. Come and hear about how using change for spiritual growth and possibilities can happen here at UUAA. If you have not had a chance to meet Doug or if you have questions for either Doug or the BoT, this is a great opportunity to be in a smaller conversation and hear from him directly.

Be well, friends,
Beth

Beth Hospadaruk
2016-2017 Board President
president@uuaa.org



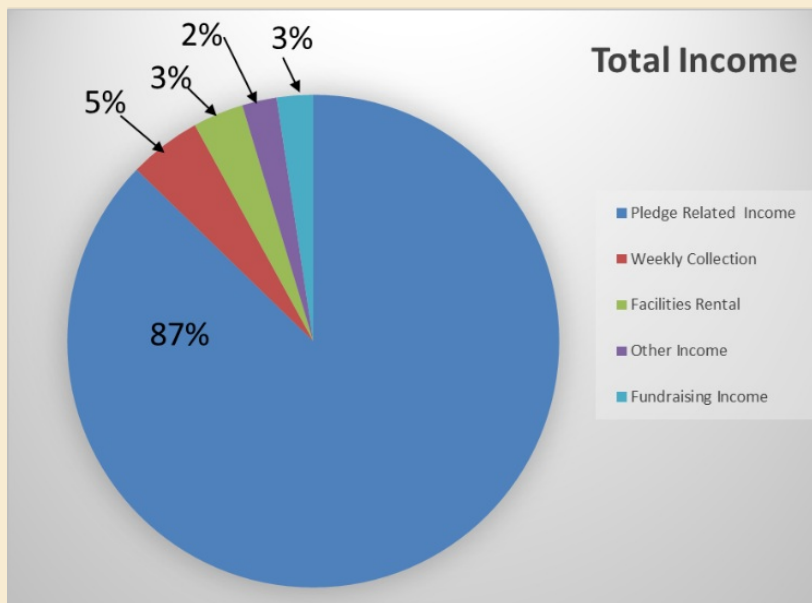
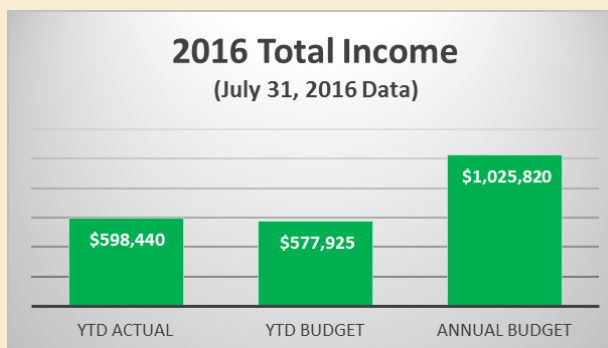
Financial Snapshot Board Treasurer Allen Duncan

In an attempt to illuminate the many aspects of congregation finance, this month's "snapshot" will focus on income. The budget in place for 2016 (the UUAA fiscal year coincides with the calendar year) is balanced, relying upon just over \$1 million projected income. The simple bar chart illustrates actual and budgeted income through July 31, with the annual budget value inserted as a reference. What are the sources of this million dollar income? These are illustrated on the pie graph below. There are four reliable sources of income, one dominating all the others. Pledge-

related income makes up almost 90% of total income! The weekly collection follows at 5%, with facilities rental and fundraising income (such as the auction) each at 3%.

These two illustrations of our financial income make it obvious why the success of our annual pledge campaign plays such a critical role in the fiscal health of the congregation. The illustrations also give insight into why paying one's pledge in a timely manner is critically important. Next month, we can dive into recent history and performance of our Annual Pledge Campaigns.

Board Treasurer
Allen Duncan



allenduncan@aggienetwork.com



Activities and Events

Alpha House Discussion * Sunday, October 2



Join the Alpha House Team during Social Hours for a discussion with Chris Barry, Executive Director of the Interfaith Hospitality Network (IHN) at Alpha House. UUAA has been a supporting congregation to Alpha House for more than 20 years, and our team welcomes your participation in shaping our support of this organization going forward. Chris will discuss our responses to these questions and others that she posed to our coordinator earlier this year:

- *How would your congregation like to be included in IHN's planning process?
- *What role does your congregation foresee playing in this work serving families in the future?
- *Would a move to another location affect your work with IHN?
- *Is there another role volunteers would be willing to take on, such as family mentoring after Alpha House clients are housed?

Questions? Contact Sandy Eyl at sandy.eyl@gmail.com.



Senior Dinner Out * Wednesday, October 5

We will be meeting for our monthly dinner at 6:00pm at Gourmet Garden at 2255 W. Stadium Blvd., Ann Arbor. We hope you can join us; no reservation is required. Just be prepared for news and views from all who attend. Questions? Contact Marie Duke at omaduke7@gmail.com.



First Fridays Fun Night * Friday, October 7

Join us for the October First Fridays Fun Night. We are excited to offer this opportunity, and we welcome your family and friends to enjoy a night of ...

- A simple meal is provided (cash donations welcome)
- Board games
- Crafts for kids
- A movie
- Good conversation
- Music (Bring your instruments this month for an open jam session.)



Dinner begins at 6:00pm in the Social Hall, with activities to follow throughout the building.

If you can't make it in October, mark your calendar for the November First Friday Fun Night on Friday, November 4.

Questions? Contact Welcome Ministries Coordinator Hannah Hotchkiss at hannah@uuaa.org.



Introduction to OUUr Faith * Saturday, October 8

This one-session workshop from 10:00am to 2:30pm is an introduction to Unitarian Universalism for both newcomers and long-time members and is the prerequisite for signing the membership book. Topics include the history of Unitarian Universalism and this congregation, how this congregation is governed, how to get involved at UUA, the meaning and responsibilities of membership, and participants' own spiritual journeys.



Register by Sunday, October 2. Eight or more participants are needed to run the class, with a maximum of 20. [Click here to register](#) online or fill out a paper registration form available at the Involvement Table during Social Hour, in the Newcomer Welcome Room, and in the front entrance literature rack. You can also register by emailing Hannah Hotchkiss directly at hannah@uuaa.org.



Food Chains * Sunday, October 9

Join us from 1:00pm to 3:00pm for a light lunch and viewing of the documentary *Food Chains*, which follows Florida farm workers as they battle the supermarket industry to improve working conditions. We will be joined by several members of the Coalition of Immokalee Workers (CIW) as well as Kim Daley from Ann Arbor Solidarity with Farmworkers Collective (A2SFC).

This event is co-sponsored by Mindful Eating Team and the Immigration Action Coalition. For more info, contact Cathy Muha at cathymuha@sbcglobal.net.



17th Annual Men's Retreat * Friday-Sunday, October 7-9

Everyone who identifies as a man, whether a UUA member or not, is invited to attend this year's Men's Retreat: Telling Your Story.

This retreat, held at the Judson Collins Center on Wamplers Lake, is renowned for blending friendship, fun, intellectual and spiritual discourse, humor, and physical activities. You will have the opportunity to participate in large and small group discussions, fun and thought-provoking campfires, a softball game, nature walks,

canoeing, and much more. A member of the Ann Arbor Storytelling Guild will guide us in the basics of formulating and telling a great story, and you'll have the option of telling your story at the Saturday campfire.

Visit us at the Men's Retreat table during the Social Hour to sign up, pick up a brochure, or ask questions.

Questions? Contact Men's Retreat Chair Mike Muha at mmuha@sbcglobal.net or by calling 734-717-4627.



Celebration of Social Justice Dinner * Monday, October 10

Celebrate Social Justice at UUAA with Rev. Doug Wadkins. We will gather at 6:30pm in the Social Hall, where Rev. Wadkins will be introduced to the social justice groups and action projects in our congregation. We'll celebrate the work we do for our congregation and our community. We will also honor the social justice legacy of Don Pelz, who died a few months ago. Please join us if you are active in one of our social justice groups or share an interest in social justice. Bring a dessert, salad, or side dish. The main dish will be provided. To RSVP, send your name, or the names of those in your social justice group attending, to Sally@pctraining.net. New congregants are welcome to take part; you don't have to be a member. Questions? Contact Co-Chair of the Social Justice Council Carolyn Madden at cgmadden@gmail.com.



Alpha House Host-Week Registration * Sunday, October 16



As has been the tradition, Thanksgiving week will be our next Alpha House Host Week. Alpha House is a shelter that helps to find permanent housing for families experiencing homelessness. During our Host Week, we will provide the food for all the residents' meals, serve a warm dinner each night, and play with the children in the evenings. Volunteer positions also include a person to stay overnight, and Day Hosts who coordinate the volunteers. Sign up during social

hour or online at <http://www.signupgenius.com/go/20F0D4DAAAA2EA02-november1>. Questions? Contact UUAA Alpha House Coordinator Angela Barber at abarber@gmail.com.



Community of Writers * Sunday, October 16

Our focus this month will be on memory in writing. Please feel free to join us from 1:15pm to 2:30pm in the David Room if you share an interest in writing. Questions? Contact: Kathy Edgren at kkedgren@gmail.com or Mary Lund at mlund@mi.rr.com.



Being Mortal * Wednesdays, October 19-November 2

Join facilitator Terry Madden for a discussion over three Wednesday sessions of Atul Gawande's provocative book *Being Mortal* (Chapters 6 - 8 only), which addresses our challenges at the end of life from "Letting Go" to "Hard Conversations" to "Courage (to Die)." We will discuss what we might want and need at these various stages of living and dying.

The meetings will take place Wednesdays from 1:30pm to 3:00pm in the Fahs Chapel. To enroll in this Well-Being Education offering, registration is required at terence.madden@gmail.com.



Annual Fall Harvest Potluck * Friday, October 21



The Mindful Eating Team presents an event often referred to as "the best potluck ever!" Join us from 6:00pm to 8:00pm in the Social Hall for dinner and a talk. Our guest speaker is Ypsilanti Mayor Amanda Edmonds, speaking about her work as Director of Ypsilanti's Growing Hope, a non-profit organization helping people improve their lives and communities through gardening and increasing access to healthy food. We will also acknowledge Farmer Bill Schmid

and the Food Gatherers Farm Project. Bring a dish to share, and consider making it with a seasonal or local ingredient; vegetarian and vegan options are always welcome. Please bring your own place setting. Cider, coffee, and tea will be provided. Questions? Contact Colleen Crawley at ccrawley59@gmail.com or visit the Mindful Eating Table during Social Hour.



Interweave Potluck & Program * Friday, October 21

Everyone is invited to Interweave's first of the season Potluck & Program in the Fahs Chapel. Our guest will be Rev. Lindasusan Ulrich speaking on bisexuality. This is an opportunity to expand our understanding of gender identity and gender expression as we aspire to become a well informed, truly "Welcoming Congregation." The potluck begins at 6:00 pm; bring a dish to share. The program starts at 7:00pm. Questions? Contact Joan Burleigh, joburleigh@aol.com.



Newcomer Chalice Circle * Monday, October 24 (start date)

If you are a visitor or newcomer to UUAA and would like to meet others, explore topics of mutual interest, and experience a sample of what Chalice Circles are all about, register for the Newcomer Chalice Circle. This is a four-session series that runs Mondays, October 24, November 14, 28, and December 12 from 6:30pm to 8:30pm. To register or get more information, contact Melinda McKay at mibibliophile@aol.com.



Announcements and News

Challenging Racism



Join the Challenging Racism Group for two community events. The first is to see *What Happened to Mr. Joy?*, the Theatre Nova play running from Friday, September 30 to Sunday, October 23. This drama explores an incident in New York City that resembles an attack on an Asian grocer that occurred in Ann Arbor several years ago. The Saturday, October 16 performance will be followed by a conversation with the actor and director. For more information click here <http://www.theatrenova.org/>.

Second, on Saturday, October 22, we are invited to join the highly praised Ann Arbor Cultural Heritage Museum Civil War Tour led by local historian Matt Siegfried. Reserve seats by contacting Deborah Meadows at (734) 819-8182 or deborahmeadows2@msn.com.

Other upcoming plans include a viewing and discussion of Reverend William Barber's inspirational speech from this summer's General Assembly of the Unitarian Universalist Association. The Challenging Racism Group will also discuss his book *The Third Reconstruction: How a Moral Movement Is Overcoming the Politics of Division and Fear*, which is the Unitarian Universalist Association's "common read" for this

year. Other possibilities are discussions based on John Lewis's graphic novel *MARCH: Volume 1*, Chimamanda Adichie's TED Talk "The Danger of a Single Story," and the use of micro-supports to combat micro-aggressions. Questions? Contact Challenging Racism Co-Chair Kathy McLean at jdkamclean@comcast.net or Gina Boldman at boldman@comcast.net.



Khasi Hills: Sponsor-a-Student Program



Seeking Sponsors

Over 100 years ago, in the last years of the 19th century, the minister at First Unitarian Church here in Ann Arbor, Jabez Sunderland, found himself among members of the Khasi tribe in the far northeast corner of India visiting a young man who had founded a budding new religion.

Hajom Kissor Singh, the Khasi man, and Jabez Sunderland became friends, and Sunderland's name is still honored to this day in the Khasi Hills. Singh, who developed this new religion focused on "one God" through his own knowledge of both Christianity and the native animistic religion of the area, had become aware of Unitarianism and invited Rev. Sunderland to visit the Hills; Sunderland was impressed by what he found upon his arrival. Out of this meeting grew a correspondence between the two men and the printing in Ann Arbor of the first Khasi language Unitarian hymnal.

At the start of this century, in 2002, our assistant minister at UUAA, Eva Hochgraf (now Eva Cameron), went to the Khasi Hills on her sabbatical and came back with an idea to help the Unitarians of northeast India by sponsoring children at one of the Unitarian-run primary schools.

Since that time members of this congregation have been in relationship with the Unitarian Lower Primary School at Mawkisyiem, sponsoring students each year and corresponding with them to encourage them as they progress through their years of education.

The new school year in India began in February, and letters from the students have arrived. There are currently ten students without sponsors. Please see us on Sunday morning at the Big Hearts Table during Social Hour after each service if you are interested. For an annual payment of \$50, which helps to supplement teacher salaries, to purchase books for the students, to make improvements to the campus infrastructure, to supply a nutritious meal once a month, and to provide an appropriate gift for each student at the end of the school year in December, you can be a sponsor to a young child in the Khasi Hills.

Questions? Contact Cathy Doherty at mysarina@aol.com.



Unitarian Universalist Service Committee (UUSC)



I hope you had the opportunity to see *Defying the Nazis*, the Ken Burns documentary about Waitsill Sharp, a Unitarian minister from Wellesley, Massachusetts, his wife Martha, and their efforts to get Jewish children out of Nazi-occupied

Prague in 1938. Hopefully, we will have an opportunity to show the film at UUAA in the next few months. In the meantime, there are resources on the [UUSC website](#) that can deepen our response to the theme of the film. Several sermons offer different perspectives on possible responses to refugees--millions of men, women, and children who have fled from wars, famine, and threat of death. There is a beautiful

Rumi poem as well as other poetry and a list of hymns and songs designed to provoke our thoughts and resolve. There is also a *Refugee Support and Advocacy Toolkit* available on the site.

Further reports on the website include news from Turkey, where UUSC is training local psychologists and social workers in the Community Resiliency Model (CRM), so they can, in turn, train those who are working directly with refugees in Istanbul as well as in southeastern Turkey refugee camps. This program attempts to help people understand their trauma and anxiety and manage it in healthy ways.

The actions of President Duterte in the Philippines has also led to increased trauma and anxiety, and UUSC partner organizations there are also stepping in with CRM training.

Locally, the Michigan Water as a Human Right legislative package is also posted on the site. An action item here would be to send a note to Lee Chatfield, the chair of house Local Government Committee, calling for hearings and a vote on these bills.

Questions? Contact Quincy Northrup at qnorthrup@gmail.com.



UUAA/UUSC Coffee Project



The UUAA Coffee Project Team wishes to thank the congregation for their generous support over the years. UUAA remains one of the top purchasers of Equal Exchange (EE) Fair Trade coffee, tea, and chocolate. This is a win, win, win! EE guarantees fair prices for small farm cooperatives globally; for every pound of product we order, EE donates 20 cents to UUSC Small Farmer Fund's social justice programs. Plus this is a fundraiser for our church. Last year we raised \$4000.

Therefore support for this project is greatly appreciated by all. Volunteers at our Sunday Social Hour Table are always welcome and needed to help keep this project going, successfully providing top quality and guilt-free products to our congregation. Questions? Contact Jenny Kropf at jfk48103@gmail.com.



Office News

Building Schedule and Publication Deadlines

Fall Building Hours

Sundays| 9:00am-4:00pm

Mondays-Thursdays| 9:00am-9:00pm

1st & 3rd Fridays| 5:00pm-9:00pm

Other Fridays| Closed

Saturdays| 9:00am-4:00pm

Church Office Hours| Mondays-Thursdays from 9:00am-5:00pm

Telephone| 734-665-6158

Fax| 734-665-7895

General Email| office@uuaa.org

Communicating at UUAA

The deadline for submitting UUAA events, news, and program notices for inclusion in the *Weekly Bulletin* is 5:00pm each Wednesday. Send submissions to

bulletin@uuaa.org. Questions? Contact Hannah Hotchkiss at hannah@uuaa.org.

The deadline for submitting UUAU events, news, and program notices for inclusion in the *2016 November Newsletter* is Friday, October 21 at 9:00am. Send submissions to newsletter@uuaa.org. Questions? Contact Hannah Hotchkiss at hannah@uuaa.org.

Lay and staff program leaders may submit changes, additions, or updates for the website (uuaa.org) to webtech@uuaa.org.

