

Sundays in February	
3	11am Service: "Standing in the Tragic Gap" Michelle Lexmond
10	11am Service: "Annual Valentine Tea" MqtUU SE Youth
17	11am Service: "Soul Matters: Trust" Heidi Gould
24	11am Service: "Acts of Creation: The Sacred Place of Art in Our Lives" February Sky

Check us out on
the web at mqtuu.org



SIDE WITH LOVE

SIDE WITH LOVE LOVE IS A PUBLIC ADVOCACY CAMPAIGN
THAT SEEKS TO HARNESS LOVE'S POWER TO STOP
OPPRESSION. IT IS SPONSORED BY THE UNITARIAN
UNIVERSALIST ASSOCIATION AND ALL ARE WELCOME
TO JOIN.

Room at the Inn We need YOU! February 10-17

MqtUU is hosting our 2nd week of the season for Room at the Inn (RATI), our local homeless shelter, from February 10-17. We need to fill approximately 75 volunteer slots and there is truly a job for everyone. Options include: preparing and serving a meal (breakfast OR dinner), washing linens, taking a shift (must have attended formal training-see below), helping with set up after the service on February 10 or clean up following RATI's departure on February 17, and donating items (see Sarah Johnson for list of needed items).

Please contact Sarah Johnson at 458.3915 or Michelle Halley at 361.0520 to let us know how you will support this endeavor.

Thank you!



Photo: Ruby Jean Myron
ties a warm fleece blanket
that will be used by RATI
guests during their stay at
MqtUU.



Sunday, February 3

“Standing in the Tragic Gap”

Michelle Lexmond will present her experience with RATI as an example of radical hospitality.

Room at the Inn

Marquette's Emergency Homeless Shelter
and Warming Center



Sunday, February 10

Annual Valentine Tea Service

SE Youth

Let's Celebrate! LOVE IS LOVE

Sunday, February 17

February Soul Matters Theme: Trust

Heidi Gould will facilitate a small group experience on the topic of what it is to be a people of trust.



Soul Matters



Followed by:

Minister Viability Forum, facilitated by Jamie Kuehnl. All are encouraged to stay after the service to share input on the future of MqtUU!

Sunday, February 24

“Acts of Creation: The Sacred Place of Art in Our Lives”

February Sky (Phil Cooper & Susan Urban)

Can you imagine life without art? Art and artists not only add beauty to our world, they also soothe, delight and challenge us with unique visions that can inspire us and broaden our horizons. By making art ourselves, we become one with the divine creative.



Happening Sunday, February 24...



Are you an artist or craftsperson of any kind? Then please bring some of your creations to display at our MqtUU Arts & Crafts Fair! It will take place before and after the Acts of Creation service. Children as well as adults are welcome to display their creations (the service will be intergenerational, so kids will stay for the entire service). Please come to the church no later than 10:30 a.m. to set up your display. While no sales of art will take place at church, business cards may be collected for later follow-up. Please email Heidi Gould (mqtuadassist@gmail.com) if you want space for a display.

Please stay after the service to learn more about the Mission Trip to Haiti and enjoy a Haitian Potluck Lunch. Cookbooks featuring recipes from Haiti are available on the Haiti Information Table to borrow. Get adventurous and try a new recipe or bring your favorite potluck dish to share and learn more about the planned Mission Trip in 2020!



1pm – Agenda will be posted! Your vote is necessary to provide direction for the future of our congregation!

FROM: Spiritual Exploration (SE)

Unitarian Universalist Valentines



February 10th is our annual Valentine's Tea Service, when we have a brief intergenerational service followed by a tea party, serving a light luncheon. This year, our service & tea party are in celebration of the legalization of same sex marriage! "One Love" is the theme, so wear lots of red or rainbows and any tea party attire that you see fit—any tea party attire welcomed!

Our Preschool and Kindergarden group will have special visitor Alesia Braund during SE classes on **February 17th**. Alesia is a Zumba instructor and will be working with the kids (and she'd love their parents to join in, too) with dynamic movement and music. Alesia will be back to offer Zumba to the 1st-5th graders on **March 10th**.

Also, a head's up about a GREAT, BIG FUNdraising event taking place on **April 12th**, from 4-6 pm:

"Spring Peeps Diorama Contest & Event" where we'll have anyone who's interested make peeps (yep, the marshmallowy goodness ones!) into diorama scenes that pertain to social justice in some way. We'll vote on our favorite scenes, there will be a silent auction and some great music!

Consider items you might donate to the silent auction (items can be collected by Jamie or Ray in the SE area beginning now—the sooner the better, so we can begin to promote the items and generate a buzz!). Ideas:

~Physical items of value in some way
~Original works of art or crafts
~Lend out your home for the weekend
~Gift Certificates for

- Guided hike/plant identification to....
- Agate hunting hike
- Mother's/father's helper for the day
- Vat of homemade soup and/or bread
- Choose you own baked good: made and delivered to you
- Knit hat (you choose the colors)
- In-home chef for a meal
- Mini-construction project
- Fix-it fella or gal for a day
- Pet care or pet walking
- Amateur photographer for an event
- Spring or fall yard cleanup helper
- Organization or cleaning helper for a day
- Planting/weeding helper

...or whatever you, personally have to offer. Or, ask your dentist or doctor or chiropractor or masseuse or hair stylist if they would like to donate! :)

The SE Committee will meet February 20th at 5:30 in the Dandelion cottage room of the Peter White Public Library or, if we have kids present, we'll head downstairs.



February Special Collection Recipient:



MqtUU is going on a Mission Trip to Haiti during MAPS Springbreak 2020! In partnership with YoutHaiti.

Vision: Water-Protecting

Grounding Stance: In true-to-UU fashion, this trip is only about partnering with an established organization, with zero intent to change the people or the place, only to embody Lilla Watson's quote, "If you have come here to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together."

A multigenerational group of all MqtUU friends and members who share the vision & stance.

Check out the Haitian cultural table located in the sanctuary that features authentic Haitian art, information about Haiti and a lending library so that we can become knowledgeable.

Mission Trip Team Meeting is scheduled for after the service on **Sunday, February 3** to make important decisions about sacred dollars options, pasty sales and our big Spring Peeps and Silent Auction event.



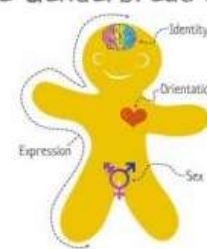
GENDER PRONOUN PROJECT

A change is underway! In order to be more inclusive and welcoming we are adding preferred gender pronouns to our nametags! You are invited to **SIDE WITH LOVE** and join in this movement forward!

Please email mqtuadassist@gmail.com or talk with Heidi about your preferred pronouns.

Thank you, Heidi Gould
(She/Her/Hers)

The Genderbread Person



FROM: DAILY COMPASS



Psychologists talk about "love languages" that help couples to connect in the ways that are most meaningful to each person. But our love reaches out so much further than to our partners or our immediate families.

How do you express your love for the world?



Don't Forget to Save your Econo Receipts!

Add your saved Econo receipts to those in the box in the entryway of the Meeting House to be redeemed for 1% of the total!

Last year, MqtUU received over \$500!

Board of Trustees' Meeting

You are invited to come, meet the board members and share your thoughts, concerns and suggestions on how to build and strengthen our Beloved Community.



Anne Stark, President
Dave Stensaas, Vice President
Mary Maki, Secretary
Kathryn Campbell, Trustee
Sari Embley, Trustee



OPPORTUNITIES TO VOLUNTEER:



Stewardship Sunday: Soul Matters offers materials to lead the Stewardship Service to Kick Off the Pledge Drive for Fiscal Year 2019/2020!



Justice Sunday
UUSC

A Treasurer is typically charged with overseeing the management and reporting of an organization's finances. Please email Heidi mgtuadassist@gmail.com for more information.

COMMUNITY EVENTS:



MIF First Friday Meeting

February 1 from 11:30 AM - 1:00 PM

Shiras Room of the Peter White Public Library

Topic: "How do our religious beliefs/practices/institutions influence or effect our relations with people and organizations from other faiths?"

Those of us who attend the MIF seem to have no restrictions in this regard; but is that just us as individuals? How are we, as individuals from various faiths (or none), instructed, educated, encouraged or discouraged from such interactions including joint worship &/or interfaith worship, civic and societal projects, etc.?

Check the weekly This 'n' That for more Community Events and share events of interest by emailing info to mqtuuadassist@gmail.com. **THANK YOU!**

FEBRUARY is ...



February 2nd

Ground Hog Day

First Rite of Spring

(Heidi's 50th Birthday!)

February 12th

Freedom to Marry Day



February 14th - Valentine's Day



NATIONAL RANDOM ACTS OF KINDNESS DAY

February 17th, National Random Acts of Kindness Day has grown in popularity to encourage acts of kindness.

MAKE EVERY DAY NATIONAL KINDNESS DAY!



You are invited to share your thoughts, comments, favorite photos, favorite quotes, recipes, events, and articles of interest to your fellow UUs! What would you like to see in your monthly UU Newsletter? Email your submissions to Heidi at mqtuuadassist@gmail.com.

BRAVER/WISER

COURAGE AND COMPASSION FOR LIFE AS IT IS



I pray to the birds because I believe they will carry the messages of my heart upward... I pray to the birds because they remind me of what I love, rather than what I fear.

—Terry Tempest Williams,
in *Refuge: An Unnatural History of Family and Place*

An earnest six-year-old once informed me that hummingbirds must have nectar every ten minutes, so I knew the situation was urgent. I had walked into an empty, old house that was not entirely empty: a hummingbird, trapped inside, was frantically trying to get out the quickest way it knew how: follow the light, head for the sky. Yet window panes would not yield.

The front door already open, I opened another wide, hoping to increase the chance of escape. The bird, its wings a thrumming blur, moved away from the window. For the briefest moment, I thought it might find its escape.

It did not. Instead, it flew further into the house, drawn to a different window. I climbed awkwardly on the back of a couch next to the window. When I reached the high sash, I beheld the hummingbird: a worrisome lack of motion. It was alive, but exhausted.

I took the bird in the nest of my two human hands. As I cupped my hands around this tiny, sentient being, it yielded. There was not much else it could do.

Such is the case with surrender: it is the last thing, often the only thing, available. And so we give ourselves to it. We fear it is our end. Sometimes—with grace or luck—we find it is our liberation.

I walked that bird to the outside, stopping at a tall, branch-laden bush. I stuck my hands into its depths and opened them wide. In the time it took my heart to skip a beat, that bird jumped into the nest of the bush, then into the world beyond.

Surely this was a time for exaltation—yet I found myself sobbing, surrendering to a crest of emotion I could not name then, still cannot name now, but could only ride and allow to flow through me.

Prayer

Spirit of Life and Love, may we all find our way out of the walls that keep us in. May we find our way out into the world that holds our collective liberation, so tender, so dire. May we—at birth, throughout life, and in death—surrender with humility and curiosity. May we be reminded of what we love, rather than what we fear.



Karen G. Johnston is the settled minister at The Unitarian Society in East Brunswick, NJ. Before becoming a minister, she spent 20+ years as a clinical social worker. Buddhist meditation and a befriending death practices sustain her, as does her delightful dog, Vera, and a blessed abundance of other...

LOVE IS HARD

Love for people, especially those who are different from you. Love that says **I see you** as a person. Love that says “let your unique light shine in the world!” because each of our souls touches the divine mystery.

Love that says we’re on a journey together, and my fate is tied up with yours. Love that grabs you and won’t let go until your whole life is dedicated to **siding with love**. Love that changes the world. Love is hard.

DO IT ANYWAYS