



OCTOBER 2012

The Chronicle

MARQUETTE UNITARIAN UNIVERSALIST
CONGREGATION

The Balancing Act III



Kudos to Michelle Harrison and her work as our treasurer in paying our bills; and Shirley Zimmer and her work as our bookkeeper in balancing our budget; and gg gordon as Board vice-president, in juggling her words to convey the Board's needs on financial reports. Our balancing act requires us to be good - sometimes "deep" - listeners and be politely succinct in what we have to say. I used to tell my students that they'd be improving their input and output skills in my English class, no matter what the content. Input included sharp listening skills (focusing, not interrupting, understanding), reading (skimming, scanning, and intensive reading), and observing. Output included speaking (clarity, appropriate volume, expression) writing (notes, letters, papers), and responding skills.

The listening/reading and writing /speaking were obvious, but why observing and responding as part of good communication? How carefully and objectively we observe can determine our thoughts and verbal reactions. How we respond through our facial expressions, body language, and movement can tell potential employers whether or not they want to hire us.

Whether part of the Board, a committee, a project task - with acquaintances, friends or family - it is so helpful if we use **compassionate communication skills**. This was put to the test in August for last year's Board, the current year's Board, our Community Coordinator/Celebrant, and Mediation Council members during our first MUUC mediation. The content for mediations is confidential, but the process went as follows:

1. One party spoke with our mediators (Paula Kiesling, Teri Rockwood, and Gary Stark) about the appropriateness for resolving certain conflicts.
2. The mediators communicated a request for mediation to those involved. Since Mediation is optional, members decided on whether or not to participate, and dates were scheduled.
3. Alone or in a group, all parties involved had a chance to tell their stories to our MUUC Mediators.
4. Then we all met together to fully understand the conflicts and have the opportunity to speak from our perspectives, ask clarifying questions, and listen.
5. We are now in the process of following up on recommendations from the Mediation Council.

At present, we are beginning to finalize a job description and evaluation process for the Community Coordinator/Celebrant position, which has had a reduction in hours. So that we have a good balance of ideas from many members of the congregation, please feel free to contact me soon with your input for the Board on this issue (regarding a job description and evaluation for the CC/C) at bmichael@chartermi.net or 273-1174.

Some people speak more than others, sometimes not giving others a chance to speak; we need to confront gently. Some people speak less than others; we need to be patient. All of us in the congregation have the opportunity every day to keep our own lives in balance, as well as to keep our relationships with others balanced in a positive way. May we be filled with loving-kindness as we do this sacred work.

Barb Michael Board of Trustees President



From the Celebrant

Dear Friends,

To everything there is a season, and a time for every purpose under heaven. Ecclesiastes 3:1

As summer slips into autumn once again, we mark the beginning of MUUC's seventh year under our own roof. Those of us who were around in September of 2006 remember a glorious and exciting moving day packing up the old place on Brickyard Road into trucks and a rented U-Haul, and driving to our new Meeting House in a happy caravan. Sari Embley provided lavender for smudging our new home, and we held a simple, meaningful ceremony to mark a new chapter in our life as a community. Oh, happy day!

Some say seven is a special number, even a holy number. I don't know much about that, but I wonder if there is any connection between that idea and the proverbial "seven year itch." I'm not sure if this seventh year is supposed to be especially sacred or simply scratchy, but I do sense that some natural rhythm of the cosmos is at work upon us. We have entered a new season – let us welcome it -- for clarifying the waters regarding how we intend to be in community together and what our mission will be, among other things. I observe the Board of Trustees working diligently toward that end; stay tuned for opportunities to participate in the clarification process.

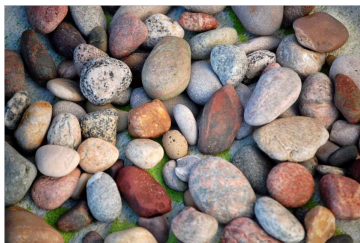
Emerging themes for this year include developing new leadership, having more fun, and encouraging the sharing of gifts and talents. All of those things are happening already. If you have been harboring a secret desire to get more involved in MUUC, this a great time to step forward!

Happy autumn,

Nancy Irish Celebrant and Community Coordinator



MEETING HOUSE LOCATION: 1510 M-28 E. Harvey, MI • PHONE: 906-249-9450



Don't forget to bring your Econo sales slips, used ink jet cartridges and used cell phones to the meeting house. We collect these items and get cash for the congregation in exchange!

Next Board of Trustees Meeting

October 17th at 6:30 at the Meeting House.

All members are welcome to attend.

MUUC Board of Trustees - e-mail addresses

Barbara Michael, President michael.barbara.102@gmail.com

gg gordon, Vice President plumskiter@gmail.com

Sarah Redmond, Secretary shelterbay2006@yahoo.com

Michelle Halley, michelle.halley@sbcglobal.net

Cherokee Helms-Gleason, cherk71@gmail.com

Religious Education News

Thank you volunteers for a strong start to our new RE year: Amy Doughty, Kim Frost, Sarah Johnson, Beth King, and Hailey Spillane.

We're just a couple weeks into the new RE year and pleased with how our plans and intentions are coming to fruition. The kids have taken the first steps on their paths of discovery and have begun to mark their way with footprints on the wall. Each child has chosen a color for their footprints and will post them with each experience and lesson so that by the end of the year we can all see their paths. In addition, the older kids have begun to discuss what service projects they would like to create this year. We've also enjoyed YogaCalm activities infused with UU



Yoga Calm comes to the UU:

Yoga Calm is a system that integrates mindfulness, yoga based movement and conscious social interactions. It's used in school classrooms, therapeutic settings and private studios. Some of our UU kids have experienced classes at the Marquette YMCA and some of the local public schools. We believe integrating this program into RE will maximize our opportunity to nurture the emotional, mental, physical, and spiritual growth of our UU children.

“Benefits include the ability to relax, nurture, and regulate emotions, increased physical fitness, self-confidence, and self-esteem, improved concentration and imagination skills, subject retention, and test scores; enhanced communication, trust, empathy, teamwork, and leadership skills; and the development of healthy life choices.” (From the text “Yoga Calm for Children: Educating Heart, Mind and Body”). This is a mind/body approach that integrates social/emotional development with the physical aspect of yoga.

Activities are based on five principles:

Stillness: the ability to quiet the mind and body, to be self aware, develop sensitivity, self control and self regulation

Listening: the ability to tune into what the heart, mind and body have to say, to develop self-understanding, discrimination, self regulation, and imagination.

Grounding: the ability to connect to the earth, be physically present in the body and to develop a sense of competence, physical safety, and security.

Strength: physical mental and emotional.

Community: nurtures the ability to give and receive support, build compassion, communication skills, and other abilities to live cooperatively with others.

“... children blossom when they begin to discover and develop their unique abilities. As they become more aware of themselves and others, their natural beauty and compassion grows. And when we nurture these abilities, we enable children to succeed.” - *Lynea Gillen, co-founder of Yoga Calm*

This will be an excellent way to foster the health of our children while creating a great container for our lessons in the Seven UU Principles. See www.yogacalm.org for more information on this program.

We have plans to integrate elements into each Sunday morning RE class. In addition, some Sunday mornings will be complete Yoga Calm classes. **Stay tuned for Intergenerational Yoga Calm opportunities for the whole congregation.**

Annual RE plans:

Our curriculum for this year will continue our study of the Seven principles for our youngest children. The older kids (teens and pre-teens) will continue to co-create their study in religion and UU principles. It's a joy to plan and offer lessons on the UU principles. They are doorways to rich opportunities for learning and growing into positive adults and to create a healthy community.

Melissa Middleton Religious Education Coordinator

MUUC to Host Fund Raiser for Harbor House on Saturday, November 10

Gail Griffith of the Social Action Committee and Nancy Irish, Coordinator/Celebrant, are organizing a pie social and evening of music and poetry to raise money for the Women's Center and Harbor House. The details are still unfolding, so stay tuned. The event promises to be a memorable one. Spread the word, and please consider helping out that evening or posting fliers once they are made. Most importantly, we hope to see you there.

Nancy Irish, MUUC Celebrant and Community Coordinator

Radical Hospitality for Newcomers

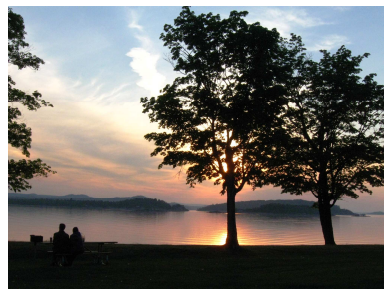
One of our most important functions as a spiritual community is to welcome people who are searching for a spiritual home which may turn out to be us...MUUC. We all know what it's like to enter a group for the first time...and the second, third, and fourth times. It takes courage – courage that may not survive one lonely experience in a new group.

“Radical hospitality” is a term that refers to deep receptivity of another...the kind of receptivity that allows the other person to feel safe enough to be his or her truest self. That is the kind of hospitality we are called upon to offer every guest that walks through our doors on a Sunday morning. This is the work of every member, whether through attentive conversation or simply a genuine greeting or smile.

The Community Development Committee is working with Nancy Irish to improve our welcoming and integration of newcomers as they get to know us and work through their decision about whether our community is what they are looking for. We would like to initiate a new practice. After Nancy Irish makes initial follow-up contact with guests who sign the guest book and want further contact, we would like to have a small team of MUUC members ready to partner up with a newcomer to answer any questions they might have, make sure they are meeting other people on Sunday mornings, etc. - a buddy system of sorts. Members who sign up for this kind of “ministry” might have one or two newcomers to partner with per year.

Photo Updates - October-November

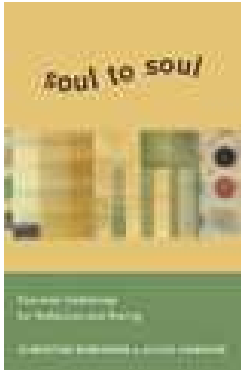
Anyone wishing to have a new/updated photograph for the “Who Wall” should be prepared for that opportunity on Sunday, October 7. Dave Rockwood will take pictures after the service. Other dates before Thanksgiving will be available as well, as long as Dave is at the meeting. Committee pictures will be taken as well.



Soul to Soul: Group sign up

Community Development Committee

We will be starting our first program series of Soul to Soul: deep listening practice in October. Some of the first topics to be discussed are “Thick Stories, Compassion, Boundaries, Trust, and Spiritual Experiences.”



Please sign up by emailing Patti Sarvello at psarvell@nmu.edu or by signing up on the sheet at the Meeting House this next Sunday. Let us know what time of day you would be able to meet. We think we may have enough participants for two groups, one in the daytime, one in the evening, and possibly a student group at NMU. Groups will start in October, run through December, and meet twice a month for a couple hours each time. Groups will start up again in January.

You may purchase your own copy of Soul to Soul: Fourteen Gatherings for Reflection and Sharing from us for \$11 or simply borrow the book for the duration of the group. More information on this program is in our September newsletter available at www.mqtuu.org. Questions? Contact Nancy Sullivan or Patti Sarvello.

Got TLC?

When I think back on those times in my adult life when I was facing some personal crisis or a time in need, such as having babies, sickness, divorce, challenges in parenthood, or death of my parents – it was often the members of my faith community to whom I turned for help and comfort.

That is why I know how important it is that a community be intentional in providing care and support to its members and friends. This is one of the reasons why I decided to take on the role of coordinating the ‘TLC team.’ (For lack of a better name of the group, I ask for feedback.) Currently, the team members are Nancy Irish, Mike White, Teri Rockwood, and Sari Embley. If you are interested in participating, or know of someone who you think would be an asset in this program, please do let me know.

I look forward to working with you on this most important committee.

Patty Sarvello
360-2409 (cell)
227-2563 (work)
psarvell@nmu.edu

Community Forum

LUNCH BUNCH ENCOURAGED

The goal is to get to know each other better, become a more cohesive congregation, exchange ideas and thoughts about where we want to go and even solicit support for such paths. The “bunch” would be informal, go to lunch wherever the group decides (or perhaps even plans ahead) and would consist of whoever shows up. If this sounds like a fun activity, meet near the coffee pots after services. Martin Steindler will lead this effort.

SERVICE AND FORUM SCHEDULE

Date	Service (11 a.m.)	Forum (9:45 – 10:30a.m.)
Oct. 7	“Celebrating National Coming Out Day“ Service Leader: Teri Rockwood	“Congregational Conversation about... Mission ...Impossible?.” Host: MUUC Board of Trustees
Oct. 14	“Blessing the Animals.” Service Leader: Kathy Klos	TBA
Oct. 21	“The State of the Environment.” Service Leader: Gail Griffith	“Building Beloved Community: A Radical Practice.” Host: gg gordon
Oct. 28	“Day of the Dead, 2012.” Service Leader: Sari Embley.	“A Costume Party.”

Board of Trustees :

Barbara Michael, President; GG Gordon, Vice President; Sarah Redmond, Secretary; Michelle Harrison, Treasurer; Shirley Zimmer, Bookkeeper; Cherokee Helms Gleason; Michelle Halley

Staff:

Nancy Irish, Community Coordinator & Celebrant; Melissa Middleton, Religious Education Coordinator

Other Positions: Tom & Nancy Sullivan, Building Use Coordinators; Sarah Johnson, Religious Education Chair; Tom Sullivan, Program Committee Chair; Michael Erdmann, Building Committee Chair; Nancy Sullivan, Community Development Committee Chair; gg gordon, Stewardship Chair; Teri Rockwood, Gary Stark, Paul Kiesling - Mediation Council; Gail Griffith, Social Action Chair;

Marquette Unitarian Universalist Congregation

P.O Box 687

Marquette, MI 49855



To:

