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January Newsletter

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Worship Services in January

Services and classes for children are at 9:30am and 11:30am

January 1, 2012

"Letting Go and Bringing In"

Rev. Gail R. Geisenhainer

At the turning of the year, let's take time for personal reflection. Looking backwards, what needs to be left behind, do we need atonement, forgiveness? Looking forward, what needs to be brought in, is what are our aspirations?

January 8, 2012

"The Legacy of Liberalism"

Rev. Mark Evens

Through a concerted effort over a period of decades, conservatives have succeeded in making the once distinguished label "liberal" one loathed by many. It's time to remember the historical legacy and continuing practices of liberalism that overlap with many core Unitarian Universalist values and philosophical commitments. Let's reclaim the concepts that power Lady Liberty's torch.

January 15, 2012

"Strength and Courage"

Rev. Gail R. Geisenhainer

Reflections on the prayer life of the Reverend Dr. Martin Luther King, Jr. Service includes "Faith In Our Future" as our Board of Trustees presents the 2011-2016 Strategic Plan.

BOOK ALERT:Our QUUest Bookstore offers the 2012 Beacon Press book, *Thou, Dear God: Prayers That Open Hearts and Spirits* from Martin Luther King, Jr.

January 22, 2012

"Keep Us All Scratching"

Rev. Gail R. Geisenhainer

How can we envision the role of Unitarian Universalism in the national religious discourse? How shall we practice our religion here at www.uaaa.org?

CONGREGATIONAL MEETING 1:00pm AFTER SECOND SERVICE.

January 29, 2012

"Gifts of Islam"

Rev. Mark Evens

For 700 years, Andalusia, Spain was a center of Jewish, Christian, and Muslim collaboration in scholarship, art, and the life of faith. This era and other dimensions of Muslim history have deeply influenced the development of Unitarianism. Come hear how, after centuries of Western misinformation, antagonism, and denigration of Islamic faith and culture, Starr King School is playing a pivotal role in renewing constructive dialog, scholarly collaboration, and artistic celebration.

From Our Ministers

Gleanings

Reflections from Gail R. Geisenhainer, Senior Minister



Happy New Year to all! May 2012 be for each of us a year of a renewed sense of purpose, abundance of the heart, connections that sustain.., all wrapped in beauty, art, music, good food and abiding friendship. Heck, I'd truly settle for full employment for all of us, homes that are warm..., and I'd keep the beauty, art, music, good food and friends.

For our nation, I'd wish for a refined public discourse, where we no longer debate the full humanity and good will of anyone who is not Caucasian, main-stream Christian, male, wealthy, etc., etc. I wish for our country that we move closer to the ideals we are gathered to promote.

For our world, I wish clean drinking water, free to all. Air that is healthy to breath. I wish sustainable energy, plentiful food, and work that fosters human dignity.

And so much more! This is that time of the year when we are invited to rethink our purpose, our direction, and our plans. And that's just what we're doing here at the First UU Congregation of Ann Arbor. We're digging deeper into our purpose, our directions, and our plans.

This most recent effort is called "Faith In Our Future." It is a long-range planning narrative for 2011-2016. It is the effort of dozens of conversations held over many months. Our Strategic Planning Task Force did a powerful job of listening to our aspirations and organizing our thoughts into a plan that weaves together all the aspects and elements of our Congregation into one plan, one effort. Congratulations and thanks to all who served on the Task Force.

Now, our Board of Trustees is studying and reviewing the plan. They will present the Plan to the rest of us in January.

In my family, when we are setting out on a new adventure or revising plans for on-going goals, we sit down and talk. Over and over, if that's what it takes. We talk, we listen to one another, and we agree on what comes next, what gets deferred, what gets done.

That's just what will happen next here with our Strategic Plan. We will spend time understanding the scope, the direction. And we will take time to work these goals and ideas deeper into our everyday decisions.

What's new? I think we have a new clarity of purpose, a new embrace of the complexity of our Congregation, and a renewed vision of who we are and how we will make a difference in our world.

I look forward to the conversations and the creativity as we find ways to make our aspirations real.

My love to each, Rev. Gail

A Note from Rev. Mark Evans, Associate Minister A Place for Friendship



In my December column I considered the role of our congregation in supporting family and family-like relationships as part of being a caring community. This month I ask you to consider: how do the groups you participate in at the church encourage and support the formation of friendships?

It is through participation in small groups, ranging from seven to twelve people or so, and sometimes in larger "mezzanine groups" of 25 to 50, that we find ourselves connected to the congregation. Without regular, repeated contact over time with the same increasingly familiar people, we rarely build trust and establish meaningful, fulfilling relationships.

Think of the groups that you participate in here. Is there a time for each person to speak and share something personal about themselves? Are people given opportunities to work together in smaller 'task' groups? Is there a roster of names with contact information available to help people be in touch between meetings either for the work of the group or for purely social purposes? Does your group have intentionally created "casual social time" available for people during a break in your meeting time, incorporated into the agenda for your time together, or informally before or after meetings? Has your group ever had an overnight retreat or engaged in an activity out in the wider community to bring you together in a different context?

All of these practices can help people find friendship and become better connected to each other, to your group, and to the congregation as a whole. It's our congregational friends that we can best ask for rides to Sunday services or other meetings, offer support to in times of personal crisis, and share the triumphs and struggles of life.

I would like to hear from you about how your groups are helping people build friendships within our congregation. Send your stories to me so we can all learn what works best! Tips from group leaders and meeting planners are especially welcome. I'll return to this topic in a few months and report on what is working best for us. Put "Newsletter - friends in groups" in the subject line or body of your email text and send it to mark@uuaa.org.

Rev. Mark Evens

Spiritual Growth and Development News

Active Dreaming Class * January 15

"Dreaming isn't just what happens during sleep; dreaming is waking up to sources of guidance, healing and creativity beyond the reach of the everyday mind. Our lives become richer and juicier when we learn to become active dreamers." Robert Moss

Active Dreaming, created by Robert Moss, combines the best of modern dream work with powerful shamanic techniques. It provides powerful tools for understanding and exploring dreams, for embarking on conscious dream journeys, and for bringing the energy and insight of dreams into waking life.

It is not only about understanding sleep experiences but the whole spectrum of dreaming and visionary experiences including the symbols and synchronicities of waking life.

The Active Dreaming introduction will be taught by Julie Tumbarello, a teacher trained by Robert Moss, on January 15 from 3:00pm-5:00pm. During this 2 hour introduction, we will learn the lightning method of dream sharing and explore a guided conscious dream journey together aided by the sound of the drum. For more information or to R.S.V.P. contact Julie Tumbarello jatumbarello@yahoo.com or 734-478-0160.

Pastoral Care Alerts and News

Meredith Ley, Pastoral Care Program Coordinator Monday Morning Job Seekers Group



This group meets on the 2nd & 4th Mondays from 9:30am-10:30am. The group was started in 2009 to support those folks experiencing a job loss, wanting to change positions or those interested in helping others during their transitions. Each job seeker has an opportunity to network, gain support for the stresses and frustrations of job hunting and to give a current update on their search and any needs they may have. In addition, people can ask advice or any questions that they have. The group is not only open to those in our faith community but also to the wider community.

The Job Seekers Group balances emotional support with practical information or skill building. Those helping to facilitate this group are Mona Walz, Paul Alman and Meredith Ley. Mona has a wealth of information about Ann Arbor and many practical suggestions. She is truly an asset to our group. Paul Alman was referred to us by David Myers. Paul wanted to volunteer to help job seekers so we talked and created a great partnership. He brings many years of experience in the recruiting industry. He has helped many people in skill building and breaking some of the myths of job hunting. We thank both Mona and Paul for all their contributions and support.

Have we been successful? Below is a testimonial and success story:

"When I lost my job in March I was devastated. I was in shock, angry and hurt that I could be dismissed summarily after 12 years of loyal service. An essential part of my recovery laid in my association with the Job Seekers group at the First Unitarian Universalist of Ann Arbor. When I first encountered the group I felt a little awkward-I wasn't use to needing help and feeling vulnerable. Fortunately, I encountered friendly faces, understanding and empathic facilitation and sage career advice. The group kept me focused, challenged and motivated. I learned to file for unemployment benefits, improve my networking and interview skills, expand my confidence and search for employment opportunities in unfamiliar places. Twice a month I reported on my progress, plans and strategies. The group gave the opportunity to test ideas and respond to hypothetical interview questions. With each week I improved my skills and interview performance. In November I received and accepted an offer from an excellent organization. I now have a job I enjoy and great benefits."

Everyone is welcome, so if you are searching for the ideal job come and sees us. We can help!

Social Justice Activities

Reflective Conversation * January 14

Join the Challenging Racism Group as we host Reflective Conversation on Saturday, January 14 from 9:30am-noon for a warm drink and follow-up



conversation to La'Ron Williams' fall workshop on experiencing difference, including differences of race and class. We will emphasize getting to know each other and sharing our stories. Before the end of our gathering, we will consider next steps.

Please let us know you are coming. Contact Edie Croake at ecroake@wccnet.edu or Lucia Heinold at HeinoldCia@aol.com. Also, a sign up sheet will be available at the QUUest Book Store and the Involvement table during Social Hours.

Interweave Dance * January 17



January Interweave Meeting: The LGBTQIA Dance in the Social Hall on January 17.

Potluck: 6:15pm - Bring a dish or a beverage to share. Extending our welcome in new ways - as we become more aware of the food allergies of folks attending our meetings, we're asking everyone to label their contribution to the potluck with a list of the ingredients. Cooks who prepare a dish that is gluten or lactose free will be very much appreciated.

Program: 7:00pm - Feel free to join us for the program only. Ann Jones is presenting the LGBTQIA Dance. Our sexuality and gender identity emerges and changes throughout our lifetime. As this happens, we seem to be in a Hokey Pokey dance of putting one foot in and taking one foot out. Come explore "the dance" that allies, lesbian, bisexual, gay, transgender, queer and intersex people perform through out our lives!

If you have any questions or comments, please contact Roylea Furniss at xenaphan2000@yahoo.com or Leigh Robertson at leigrobe@umich.edu.

Challenging Racism * January 29

The Challenging Racism Group will host two discussions of the book *Class Matters*, 2005, by Correspondents of the New York Times, now available in the Quuest Book Store.

The authors closely examine a dozen life stories, describe the invisible system for identifying who has status, discuss the inherent presence or lack of opportunities in each group, and note the consequences for one's life. Although no one was occupying Wall Street, the human privileges and costs are as true today as in 2005. Michigan Radio is currently running a series exploring class. It is broadcast about 8:30am and can be accessed at www.michiganradio.org and then clicking on the tab "Culture of Class."

One book discussion will occur Sunday, January 29 from 1:00pm-2:30pm in the Jackson Chapel. The other discussion will be Tuesday, January 31 from 7:00pm-8:30pm in the Young Room.



Please let us know you are coming. Contact Edie Croake at ecroake@wccnet.edu or Kathy Friedrichs at kamf@umich.edu. A sign up sheet will be available at the QUUest Book Store and the Involvement Table during Social Hours.

Other Events and News

Denominational Connections Team: Connecting Our Connections

The Denominational Connections Team (DCT) serves as a conduit for the exchange of information between the First Unitarian Universalist Congregation of Ann Arbor (UUAA) and the wider Unitarian Universalist (UU) community, providing our congregation and the denomination with a vibrant means of co-operating together and strengthening our identity as UU's.

All are welcome to the DCT meetings which occur the second Thursday of the month from 7:00pm to 8:30pm in the Young room. For further information feel free to contact DCT co-chairs **Roberta Allen** allenr@ewashtenaw.org or **Celeste DeRoche** celestederoche@gmail.com.

If you are attending the Heartland District Assembly at Lansing Community College on March 30-31, and are interested in being a delegate, the Denominational Connections Team would like to hear from you.



Please send notification of your interest to co-chair Roberta Allen at bert71allen@gmail.com. The keynote speaker is Rev. Dr. Mark Morrison-Reed. Here is the link for more information on the Heartland District Assembly:
www.heartlanduu.org/Annual_Meeting_Pages/assembly_home.

Our UUAA congregation currently has the opportunity to participate in two social witness decisions going on at UUA. We can vote on five proposed Congregational Study/Action Issues (CSAI) in the Congregational Poll and we can comment on the Draft CSAI "Immigration as a Moral Issue". The five proposed CSAI's are below. Click on the links for further information.

- [Climate Action and Adaptation Plans: Why Greenhouse Gases and their Effects Matter to Us](#)
- [Ending Slavery](#)
- [Exploring Class Barriers](#)
- [Families, Population, and the Environment](#)
- [Reproductive Justice: Expanding Our Social Justice Calling](#)

The Denominational Connections Team will have information available in the Social Hall on January 15 and before the UUAA Congregational meeting January 22.

Partner Church
Rev. Maria Pap, Transylvania



The following is from our partner church minister, Rev. Maria Pap and describes one of the important events in the Unitarian Church in Transylvania:

On the 3rd of December, the small town of Szekelykeresztur hosted the Synod of the Transylvanian Unitarian Church. Together with lay-president Bucs Ildiko, an elected member of the Synod, we participated at this momentous event. The Synod's main function is the ordination of new ministers and if necessary to approve changes to the by-laws of the church.

On this year's agenda there was just the ordination of ministers, 16 young people, who vowed to serve the Unitarian Church, preaching and teaching the gospel of Jesus, according to the tenets of the Unitarian faith. For the first time in the history of our church, there were ordained more women than men, an eloquent example that the office of ministry does not have to have gender barriers.

The atmosphere of the Synod introduced us to Advent, a time of joy and preparation for the Christmas to come. As these young ministers start on their journey full of hope and wish to serve, so all of us prepare ourselves to renew and strengthen our resolve in Christmas time to walk together in peace and hope.

May the holy day bring to our communities the joy of sharing, the peace of mind and soul we desire, the love of one another and the hope of a brighter tomorrow.

We wish you a Merry Christmas and a Happy New Year!
 Rev. Maria Pap and the congregation in Kézdivásárhely

New Members

Kristin Cox

Kristin is a singer and an animal lover. She likes to cook and meditate. She has two brothers and a sister.



Lesley Farrell



I first attended UUAA on Thanksgiving weekend of last year. Listening to Rev. Gail speak about gratitude, enjoying the choir and meeting several kind people - I felt I had found my spiritual home.

My appreciation has grown immensely in the past year and I'm looking forward to may more opportunities and rewarding experiences at UUAA.

Vivian Robles Dettbarn- Slaughter, D.S.M. & Michael Slaughter

Vivian is a new resident of Ypsilanti, where she resides with her husband, Michael Slaughter, and son, Ryan Dettbarn. She is an instructor of music at the University of Findlay and professor of Sacred Music at the Graduate Theological Foundation. She is a pianist, singer, and composer. Vivian is a 9th generation Californian, originally from Santa Barbara.

Michael was born and raised in Kalamazoo. He has degrees in Political Science and Physical Science from Michigan State University, and in Law from the University of Michigan. His first career was in public interest law around Kalamazoo and his second career was in high school physical sciences teaching around East Lansing. He is now retired in Ypsilanti and recently married Dr. Vivian Dettbarn- Slaughter.



Phil Tuchinsky



Phil is a community-minded person with a strong alignment to all the UU values and interested in growing through diverse learning.

He has a Ph.D. in Applied Mathematics and retired in 2007 from a career of college teaching and industrial work. Phil is a researcher who made a living through extensive and varied use of computers.

Solar Tracker Thank You to UUAU

Friends and fellow creation caregivers -

This morning, as I watched the screen on the grid-connected Sunny Boy inverter for UUAU's new solar tracking array tick off and transmit its **FIRST** kilowatt hour (kwh) of **FREE** solar power, I had a flash back to standing a few hundred yards south with Dick Brown and John Wakeman almost precisely 8-years ago. We were erecting the guy-wired 100' anemometer tower we'd purchased to measure wind energy across a high point on the church's property.



In 2003, it was an equally sunny and blustery day; but today there was a difference. As I watched **LIGHT** give up its **FREE** transformative power for church use, I was also able to watch the wind turbine of our 2003 imaginations spin merrily along against the blue sky at the north of the property. At its top were two of the elements from that original anemometer tower, a directional wind vane and one of the little tri-cup anemometers, each attached to mounting arms from the 2003 equipment. May they each last as long as the turbine and tower themselves!

While there are a few shovel-fills of dirt and a few bags of grass (or prairie) seeds yet to be spread - as well as an "h" to be added to one of the inscribed tiles -- the renewable energy project that each of you was kind enough to support is now complete, for all intents and purposes. With normal care, it will stand the test of time and be seen by those so blessed as to cross our little corner of the world as a contribution to a major lowering of the church's carbon footprint and to the raising of consciousness for those with inquiring minds.

As savings are realized and questions asked in the future, attention deserves to be called to the album of images of the project that are on the website -- and to the monitoring software that Don Winsor has created and maintains so capably. The data - and project history - can help many with their own thinking about the pathways possible for achieving sustainability in procuring the electrical energy that our prosperity is so dependent on.



Perhaps future budget years will be prosperous enough to allow an "earmark" for additional sustainability enhancements - such as more rooftop solar panels to further reduce fossil fuel dependence. Surely, this century will be one of new technologies and increment changes - hopefully, most all for the better (through the kind of give-and-take and multi-party process that give us results we have all learned and can benefit from).

For the leadership, skills and resources (time and money) that so many of you contributed, I will be ever grateful. May we each find some quiet time on a sunny and breezy day to enjoy the remembrances and manifestations of the energy plaza and its surroundings. In that space, a much broader circle is drawn. The area welcomes and remembers so many thoughtful and energetic people (and some UU heritage as well).

Thank you for your stewardship and for helping sustain good spirits.

Sincerely, Dave Friedrichs

Winter Art & Craft Sale Thank You * Thru January 2

The Winter Art & Crafts Sale will end earlier than planned: instead of ending on January 8, it will be taken down on Monday, January 2 from 2:00pm to 5:00 pm.



Participating artists and craftspersons are encouraged to pick up their works at that time if possible. Those who cannot come on the 2nd may call the office during open hours and ask when they can come to get their work from storage.



The Arts & Aesthetics Committee would like to thank the participating artists, craftspersons, and patrons for making possible one of the finest shows that we have ever had, and for raising considerable funds for

UUAA.

Senior Dinner Out * January 4

We will meet Wednesday, January 4 at 6:00pm, at the Gourmet Garden Chinese Restaurant located at 2255 W. Stadium, north of Liberty, on the west side of Stadium. There will be good food, lots of conversation and a relaxed atmosphere. Any questions? Call Bev Todd at 734-330-9349.

Mindful Eating Coalition * January 8

What Is The Mindful Eating Coalition? The Mindful Eating Coalition, an umbrella for food-focused groups within the UUAA congregation, provides information, resources, education and support to enable us to put into practice the principles of the Ethical Eating Statement of Conscience, adopted by our congregation and the Unitarian Universalist Association in 2011. The Coalition encourages the congregation and the wider community to become informed about and advocate for food justice and human health, and for the benefit of animals, plants, food workers and the environment.



We are a merging of several important food and hunger related groups at UUAA. The Ethical Eating Team, Locavores, UUSC Coffee Project, CROP/Hunger Walk and Good Food Garden have all decided to work side-by-side as the Mindful Eating Coalition.



Visit our table in the Social Hall each Sunday to find useful food-focused information and to learn about our activities, including the upcoming showing of the film **Forks Over Knives** on January 15, at 1:00pm, in the

Fahs Chapel.

You can also sign up for our weekly Mindful Eating Newsletter that contains articles and links on local and national food issues. On January 8, our **tasting table** in the Social Hall table will feature local grains - come sample delicious treats created from locally grown and milled oats, corn, wild rice and more.

Round Robin Dinner * January 13

Join others in small adult dinner groups for an evening of getting acquainted or reacquainted. The next Round Robin dinner will be on Friday, January 13. Please let us know by Wednesday, January 4 if you are interested in participating. For any other information, contact Sally or John Preston at 734-475-3812 or dinner@pctraining.net.

Introduction to OUUr Faith Workshop * January 14

This class is an introduction to Unitarian Universalism for both newcomers and long-time members. Taught by UUAA ministers with assistance from lay members of the congregation, topics include

history of Unitarian Universalism and this congregation, how this congregation is governed, how to get involved at UUAU, the meaning and responsibilities of membership, and participants' own spiritual journeys. We will be meeting at 10:00am to 2:30pm.

Please sign up by Sunday, January 8. A minimum of 8 participants is needed to run the class and there is a maximum of 20. Registration forms are available at the Involvement Table and front entrance literature rack. You can also register on our website www.uuaa.org or in the main office.

If you have any questions or need help registering, contact Hannah Hotchkiss at 665-6158 or Hannah@uuaa.org.

Mindful Eating Movie Event *January 15



The Mindful Eating Coalition invites you to a very special showing of "A film that can save your life." - Roger Ebert, Chicago Sun-Times.

Forks Over Knives, the Movie will be seen on Sunday, January 15 from 1:00pm-3:30pm in the Fahs Chapel. There will be time for questions and discussion. Refreshments will be served.

This film looks at how a vegetarian diet can lead to good health and even a reversal of degenerative diseases. Dr. T. Colin Campbell of Cornell University and Dr. Caldwell Esselstyn Jr. of the Cleveland Clinic are featured.

Movie Synopsis: What's happened to us? Despite the most advanced medical technology in the world, we are sicker than ever by nearly every measure. ***Forks Over Knives*** examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. The idea of food as medicine is put to the test. Throughout the film, cameras follow "reality patients" who have chronic conditions from heart

disease to diabetes. Doctors teach these patients how to adopt a whole foods plant-based diet as the primary approach to treat their ailments - while the challenges and triumphs of their journeys are revealed. Learn more about ***Forks Over Knives*** by visiting the website at: www.forksoverknives.com.

The companion book *Forks Over Knives: the Plant-Based Way to Health* contains 125 vegetarian recipes and is available at the QUUest Book Store. Come early and see the displays. For more info contact estry@umich.edu.

One Time Chalice Circles * February 5

We have a One Time Chalice Circle scheduled for February 5. This is a great opportunity to learn what chalice circles are all about or just a nice way to meet some new people or be with old friends. The session will start at 1:00pm following the 2nd service and will end at 2:30pm. It will be held in the Brown Room.

The topic of discussion in February will be *What Love Is*. So, come join us! You can email Roylea Furniss xenaphan2000@yahoo.com or sign up in Social Hall beginning January 8. We look forward to seeing you there!

Leadership Development Team Board Nominations

Leadership Development Team - Call for Board Nominations

In May, the congregation will elect three individuals to serve on the Board of



Trustees in the following positions: Vice President/President Elect; Secretary; Trustee At Large.

The Leadership Development Team will begin considering possible candidates in January. The job descriptions for these positions can be found at www.uaaa.org/about-us/our-congregation/ldt.

If you are interested in serving the congregation in one of these roles or if there is someone you would like to nominate, please send an email message to one of the members of the LDT by January 20. In your message indicate why you or the person you're nominating would be a good Board member.

Nominations and questions can be sent to:
 Tom Darnton at obeprime@mac.com
 Kathy Edgren at kedgren@med.umich.edu
 Roylea Furniss at xenaphan2000@yahoo.com
 Allison Halerz at ahalerz@gmail.com
 Connie McGuire at cmcguire@umich.edu

In the Community

Events not sponsored or endorsed by UAAA

Faces of Faith Event

You and your family are invited to participate in the second *Faces of Faith Event* sponsored by **The Interfaith Round Table of Washtenaw County**. Formerly "The Living Library", FOF allows you to meet people from your community who pose as "books" telling you the story of their personal spiritual journey.

Each time you "borrow" a "book", you'll learn (one on one) about a different spiritual practice, religious belief, or turning point of faith. Between the three "reading periods" (20 minutes each), you'll be able to purchase snacks at the coffee/tea/cocoa bar and help support the non-profit work of the Round Table - to build bridges of understanding between different faith traditions in our community and beyond.

WHEN: Sunday, January 15 at 2:00pm-4:00pm

WHERE: The Social Hall of Temple Beth Emeth/ St. Clare's on Packard Rd, Ann Arbor

WHY: In honor of Religious Freedom Day

For more information, call 734-424-1535 or email gbrides@umich.edu.

PUBLICATION DEADLINES:

The deadline for submissions for the February 2012 Newsletter is January 21, at 9:00am. Submissions should be sent to newsletter@uaaa.org.

The deadline for the Weekly Bulletin is every Wednesday at 5:00pm. Submissions should be sent to bulletin@uaaa.org.

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