



# The Weekly Bulletin – Sunday, January 27, 2019

First Unitarian Universalist Congregation of Ann Arbor, Michigan

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## Worship January 27 | 9:30am and 11:30am

### Yes, And...

The world of improv is always full of possibility. What can we learn from this art form to enrich our experience as a spiritual community?

**On the Chancel** | Dr. Glen Thomas Rideout, theresa rohlck

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### Alpha House Host Week

#### Today, Social Hour, Alpha House Table

The UUAA Alpha House host week is Monday-Sunday, February 4-10. Alpha House is a shelter for families experiencing homelessness, located on Jackson Road in Ann Arbor. UUAA needs 100 volunteers for our service week and up to \$400 to cover supplies. Sign up or donate money during Social Hour or online at [tinyurl.com/AHFeb19](http://tinyurl.com/AHFeb19). Questions? Contact UUAA Alpha House Coordinators at [alphahouse@uuaa.org](mailto:alphahouse@uuaa.org).

### Grocery/Scrip

#### Today, Social Hour, Scrip Table

Are you still looking to make a New Year's resolution that is easy to keep—use more scrip! Scrip acts like a gift card; you pay and receive the face value of the card, but UUAA receives a "rebate." We keep several types of cards in stock and can order close to 700 more. Stop by the Scrip Table for more information or to place an order. Questions? Contact Carolyn Barber at [cmbarber@umich.edu](mailto:cmbarber@umich.edu).

### Mindful Eating Team (MET)

#### Today, Social Hour, Mindful Eating Table

MET is promoting the "joy of cooking" this month by sharing some of our favorite cookbooks and recipes at our table. Stop by to look through cookbooks that have proven to be reliable sources of inspiration and tasty dishes for us. We're also interested in learning about cookbooks that you recommend.

### Resolution Affirming Palestinian Human Rights

#### Today, Social Hour, Justice in the Middle East Table

Inspired by the Anti-Apartheid Movement, Palestinian civil society is calling for boycotts, divestment and sanctions (BDS) to pressure Israel to comply with international law and universal human rights principles. Please sign a letter to call a congregational meeting so that members of UUAA have an opportunity to consider a resolution endorsing the BDS Movement for Palestinian human rights. Questions? Contact Mark Jagner at [mjagner@yahoo.com](mailto:mjagner@yahoo.com).

### UUs for Justice in the Middle East Meeting

#### Today, Brown Room, 1:30pm–3:00pm

Join us in working for freedom, justice, and equality for all people in Israel/Palestine. Questions? Contact Mark Jagner at [mjagner@yahoo.com](mailto:mjagner@yahoo.com).

### Ignite (20s & 30s)

#### Today, Fahs Chapel, 1:00pm–2:00pm

Please join us to "Re-Ignite" the 20s and 30s Group. We will get to know each other, discuss upcoming activities, and explain how you can get involved in the group. Come if you are already involved or want to be involved. Lunch will be provided. Questions? Email [bryan.t.hart@gmail.com](mailto:bryan.t.hart@gmail.com).

### FolkSong JamAlong

#### Monday, January 28, 7:00pm–8:30pm

Let's sing! Folk, hymns, and lyrics/chords are projected on-screen. Come strum along. This event is led by Lori F. and Jean C. Questions? Email [lorifithian@mac.com](mailto:lorifithian@mac.com) or call 734-426-7818.

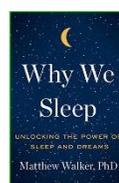
### Friday Fun Night

#### Friday, February 1, 6:00pm–9:00pm

Gather for fun and community! Dinner will be served at 6:00pm (soup, sandwiches, salad, and fruit salad), followed by crafts, the movie *Inside Out*, and game room activities. As a special feature this month, we welcome John Buehrens, former UUA president, for stories and vignettes from Transcendentalism. Friday Fun provides childcare for infants and toddlers beginning at 6:30pm. If you need special dietary accommodations, email us one week in advance at [fridayfunnight@uuaa.org](mailto:fridayfunnight@uuaa.org).

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### QUUest Bookstore thinks you may enjoy Matthew



Walker's book *Why We Sleep: Unlocking the Power of Sleep and Dreams*. "A book on a mission...recommended for night-table reading in the most pragmatic sense." *The New York*

*Times Book Review*. "A neuroscientist shows how a good night's shut-eye can make us cleverer, more attractive, slimmer, happier, healthier, and ward off cancer." *The Guardian*

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### **Plant-Powered Family Potluck**

**Saturday, February 2, noon–2:00pm**

Join us for our Plant-Powered Family Potluck in the Fahs Chapel. Bring a plant-based vegan dish without meat, fish, eggs, dairy, honey, or other animal products. Enjoy the company of fellow mindful eaters, share information, and eat delicious food! Please bring your own table service and serving tools. Questions? Contact Sheila Sanders at [sheilasanders@comcast.net](mailto:sheilasanders@comcast.net).

### **The Relevance of Transcendentalism...**

**Sunday, February 3, 1:30pm–3:30pm**

Rev. Dr. John A. Buehrens will present the forum "The Relevance of Transcendentalism to Unitarian Universalism Today" in Fahs Chapel. Rev. Buehrens is celebrated as a past president of UUA (1993 - 2001) and as a prolific UU author; he will publish a major history of 19th century Transcendentalism later this year. This forum offers an authoritative journey: Our Unitarian roots made relevant today. A Q&A and discussion will follow the talk. Questions? Contact Phil Tuchinsky at [phil@tuchinsky.org](mailto:phil@tuchinsky.org) or 734-717-6618.

### **Memory Loss Caregiver Support Group**

**Wednesday, February 6, 3:00pm–4:30pm**

If you are a caregiver for someone with memory loss and would like some support, please join us in the David Room. All are welcome. Questions? Call Meredith Ley at 734-717-0213.

### **Lay Leader & Aspiring Lay Leader Workshop**

**Saturday, February 9, 9:30am–11:30am**

The Leadership Development Team, Welcome Ministries, and Social Justice/ Pastoral Care Ministries invite you to a conversation about lay leadership, the sharing of valuable resources and tools, and examples of project successes. Anyone who is listed as a leader or self identifies as a current or future leader is welcome to attend. (This is the same workshop that was offered in the Fall.) Sign up by Monday, February 4 using this [link](#). Questions? Contact Quiana Perkins at [quiana@uuaa.org](mailto:quiana@uuaa.org).

### **White Fragility Book Discussion**

**Sunday, February 10, 1:15pm–3:00pm**

Challenging Racism invites you to discuss *White Fragility: Why It's So Hard for White People to Talk about Racism* by Robin DiAngelo. *White Fragility* "...[opens] paths for white participants coming to terms with their own and others' fragile, defensive, and coded responses when a conversation turns to race" (beacon.org). We'll focus on recognizing our own fragility, and how to disrupt our white supremacy-based culture on an everyday basis. Books are available at the UUA Bookstore. Questions? Contact Gina Boldman at [boldman@comcast.net](mailto:boldman@comcast.net).

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### **Next Week's Worship**

**Developing a Heart of Love and Trust**

Join us as special guest, Rev. John Buehrens, former President of the Unitarian Universalist Association (UUA), leads us in reflection on the times we are in and who we are called to be as Unitarian Universalists.

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### **North AAUU Group**

**Tuesday, February 12, 7:30pm**

All are welcome to join us at the home of Sandy and Jim Breck (2187 Georgetown Blvd., Ann Arbor) to celebrate the birthday of Charles Darwin. The topic will evolve. RSVP to 734-995-2844 or [breck@umich.edu](mailto:breck@umich.edu).

### **Humanist Discussion Groups**

If you are a humanist or want to know more about humanism, you are welcome to join us on Wednesday, February 6 at 7:00pm or Thursday, February 7 at 2:00pm. For more information email Hal Breidenbach at [hal@breidenbach.net](mailto:hal@breidenbach.net) or Bruce Gibb at [bjgibb@aol.com](mailto:bjgibb@aol.com).

### **Pastoral Care**

Do you know how to reach Quiana Perkins or a member of the Pastoral Care Team?

1. Call UUA a 734-665-6158 and ask for Pastoral Care.
2. Send an email to [pastoralcare@uuaa.org](mailto:pastoralcare@uuaa.org).
3. Speak directly to Quiana or a member of the Care Team on Sunday during Social Hour after each service. We can be found at the Pastoral Care/Involvement table at the east end of the Social Hall. We look forward to being in beloved community with you.

### **Sharing the Collection News**

Thank you for your generosity on January 6. We collectively contributed \$2731.29 toward the good work of Friends in Deed. To learn about ways to contribute, visit [friendsindeedmi.org](http://friendsindeedmi.org). Questions? Contact Jan Duncan at [janetdunc@gmail.com](mailto:janetdunc@gmail.com).

### **Weekly Bulletin Deadline**

**Wednesdays at 5:00pm**

All submissions of 90 words or fewer should be submitted in Word format and sent to [bulletin@uuaa.org](mailto:bulletin@uuaa.org). Questions? Contact Welcome Ministries Coordinator Hannah Hotchkiss at [hannah@uuaa.org](mailto:hannah@uuaa.org).

### **March Newsletter Deadline**

**Thursday, February 21, 9:00am**

All submissions of 300 words or fewer should be submitted in Word format and sent to [newsletter@uuaa.org](mailto:newsletter@uuaa.org). Questions? Contact Welcome Ministries Coordinator Hannah Hotchkiss at [hannah@uuaa.org](mailto:hannah@uuaa.org).