

UMPQUEST
UMPQUA UNITARIAN UNIVERSALIST CHURCH
May 2009

Reverend's Riffs

“Mother’s Day Isn’t Just For Mother’s Anymore” (Actually It Never Was!)



In the 1860's Julia Ward Howe had a metanoia experience. She simply, in other words had a change of heart. You see, she wrote the “Battle Hymn of the Republic” and felt that there truly was glory in war and fighting for what was considered right. But sometime after that publication, and only Julia knows why for sure, she once again put her thoughts to pen and paper and this time she came up with the notion that women coming together may have a chance to change the world by asking that wars everywhere be stopped. As a woman, a suffragette, and a writer she sent out a plea that every May there be an annual gathering of women; mothers, grandmothers, aunts, sisters and godmothers and this gathering would once again remind people that we could have a world with peace. In this vein, I am asking that all of you join me on: **Sunday, May 10th from 12:00 ~ 1:00 at**

the corners of Garden Valley and Steward Parkway and hold out our banners for peace.

In order that we are all ready to do this, there will be a **Banner making session at the church on Saturday, May 9th at 10:00 am with cookies and apple cider. Please bring your own poster boards and a stick.**

The church will provide markers, paint and a staple gun so that we can attach the signs to the sticks. Then we will stand for one hour, hopefully greeting people coming from their own churches and on their way to lunch, with signs of hope and peace. Bring a lawn chair if you think standing for an hour would be a problem. I often feel as if there isn't much I can do to stop the war, or put an end to violence. But if I could make someone who was driving by in their car on that Sunday to smile and wave and think of

(Continued on page 3)

UU MISSION STATEMENT

The Mission of the Umpqua Unitarian Universalist Congregation is to create and maintain a diverse, caring community that encourages ethical, intellectual, and spiritual growth. To accomplish this mission, we covenant to welcome individuals and families; to share the joys and sorrows of life's passages; to educate children and adults in our UU Principles values and heritage, and to act personally and collectively on our UU principles and values in a larger world.

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Minister Rev. Annie Holmes	Committee Chairs
Director of Religious Education.....Kandie Kato	Adult EnrichmentPaul Zegers & Lucy Harrington
Music Director.....Roberta Hall	Art.....Lucille Alfred
	Cares & Concerns...Lorrie Agost-Caley & Pat Zemlin
	Building.....Mel Watts
	Green Sanctuary.....open.....
Church Officers	Membership.....Lori Farmer
President.....Gary Pischke	Ministry.....Jim Pratt
Vice President.....Anna Slemmer	Music.....Elizabeth Herbert
Treasurer.....Doris Heyman	Office.....Gail Spitze
Secretary.....Lucy Harrington	Community Action.....Jim Terry
Member At Large.....Jan Fritz	Sunday Services.....Jim Pratt
Member at Large.....Gail Spitze	Volunteer Coordinator.....Judy Robertson
Member at Large.....June Ervin	Webmaster.....Bernie Fox

May Sunday Services

Sunday, May 3, 2009

"Will the Brakes Hold?"

Rev. Holmes

Taoism for a troubled time.

Sunday, May 10, 2009

"Don't Break Your Mother's Heart"

Rev. Holmes

Julia Ward Howe at first believed she would support the idea of war and wrote "The Battle Hymn of the Republic" and it was published in the Atlantic Monthly in 1862. Soon after she made a complete turn around and founded Mother's Day to be a day of peace. A day where men and women came together and sought ways to make a peaceful life come alive. As a church community we too will be making Julia's idea of Mother's Day of peace come alive by proclaiming our peaceful intents by holding signs of peace on Garden Valley and Stewart Parkway streets for one hour 12:00 – 1:00 immediately after the service. We will host a sign making opportunity on Saturday, May 9th 10:00 to 11:00 at the UUU church. As Julia has shown us, making peace come alive can be a wonderful adventure, come be a part of giving Roseburg a big Mother's day present, one of peace.

Sunday, May 17, 2009

"Gifts We Bring"

Rev. Holmes

On this Sunday we will share the profoundly complicated pieces of the gifts of being human, and being human in our church community.

Sunday, May 24, 2009

"This I Believe"

Larry Flanagan, coordinator

Sunday, May 31, 2009

"Untying Spiritual Knots: From Suffocating Québec Catholicism to Liberating Basic Goodness"

Renee Cote

My mother was locked up in psych hospital for nearly 30 years (1942-1970), after giving birth to 11 babies in 13 years. I was the 9th. All my life, I wanted to know what had happened to my mother. It took nine Vipassana silent 14-days Women's Retreat to give me the strength for the research and the writing of my mother's story: *Was My Mother Schizophrenic?* I am proud to give a voice to my mother and to my spiritual transformation. Renée Côté has worked as a therapist in private practice and in psych hospitals. She now lives in Southern Oregon where mindfulness, peace, happiness, community and consciousness are among her main interests.

that it runs smoothly.

Kandi will make a sign for us if we let her know what wording we want. Anna will ask Phyllis to work with Kandi in setting up our display area. We will set up April 24.

Materials needed: pot makers, newspaper strips, potting soil, seeds, bowl for questions, masking tape, yarn, hole punches, bumper stickers & bookmarks, mints, stickers, paper towels, hand-outs with directions on taking care of seeds

Library: Anna will speak with Max Leek, director of D.C. Library about book purchases from our First Sunday donation. She'll try to get some book titles listed.

Other items: (1) Patti suggested we might consider business-sized cards which would contain information about our church on one side. It would be convenient to have on hand when we get people engaged in conversation. (2) Hope suggested we might want to become "Bag Ladies" at Sherm's some weekend. We would bag groceries for people, and if they made a donation, the money would be turned over to Fish Food Pantry. Submitted by, Anna Slemmer. Secretary

◆ ◆ ◆ ◆ Community Action Committee April Notes ◆ ◆ ◆ ◆

The First Sunday Community Action Candle for April 5 welcomed Douglas County Museum Director Gardner Chappell who outlined the great things happening now and will be coming in the future. Our collection came to \$300 for Museum activities.

Our Committee is developing opportunities for other community programs and groups to tell the congregation about their services to the community and how individuals can involve themselves. The first of the CAC candles on April 12 was on Community Supported Agriculture enterprises in the County. These presentations are limited to five minutes and do not include special offerings. UUU Members and Friends may suggest possible participants to any Community Action Committee member or leave a suggestion for us in the office.

LETTING THE COMMUNITY KNOW WHO WE ARE AND WHERE WE ARE! Our committee has designed and had produced (at Creative Images) a bumper sticker to help the community get to know us. Kasha Clair did the design and computer work. These stickers are easily removed WITHOUT ANY DAMAGE TO AUTO PAINT OR WINDOWS and cost only \$1.50. They are available in the Office or from any committee member. We have also designed and had made bookmarks announcing who we are. Some are being given to Earth Day booth visitors. See them in the office.

The Community Action Committee meets the third Saturday of each month at UUUC from 10am to noon. Please join us with your comments and ideas.

Jim Terry (817-5173) and Hope Lindsay, Co-Chairs, Anna Slemmer, Secretary

UUUC COMMUNITY ACTION COMMITTEE AT WORK

March 21, 2009 - 10 am at the church

Present: Jim Terry, Kasha Claire, Patti Zachary, Hope Lindsay, Anna Slemmer

February meeting minutes were approved as presented.

Bumper Stickers & Bookmarks: Kasha went to Creative Images to discuss her proposed church bumper stickers & bookmarks. She brought samples to this meeting. We all thought she did a good job in word placement and information. These will be used to advertise our church and will be available at the Earth Day Fair on April 25. There will be no charge for fair-goers who are interested in getting either item or both. Prices were: bumper stickers, 100 for \$92.50; bookmarks, 100 for \$37.50. There may be additional charges, but they will be minimal. Thank you, Kasha, for a job well done!!

First Sunday Candle April 5: Gardener Chappell will be here to speak about D. C. Museum programs and needs.

Social Concerns Candle (not First Sunday): We will ask Annie which Sundays are available in which someone from the community may do the 5 minute Social Concerns Candle. The committee member responsible for the speaker will let Annie know at least one week in advance. That person will notify the office staff so the information may be included in the Order of Service.

Jim will contact a gentleman who will speak about Community Support Agriculture (CSA) on April 12. Vern Haas will be invited to speak about Fish Food Pantry on April 26.

Other possibilities: (1) Buy Local....a directory the group is developing will be available in May (?). Patrick Starnes and Chris McCullough are both involved in this venture. Anna will try to get someone to come as soon as the directory is printed.

(2) CDC spokesperson...they encourage micro-enterprise development. Patti will speak to them.

Earth Day (April 25) Preparations: Jim brought a pot-maker for demonstration purposes. We will need over 100 newspaper strips (4" x 10"). Committee members will work on these prior to the fair. Members decided to do only sunflower seeds. Adding pumpkin seeds will be too complicated.

Responsibilities: Jim will bring pot makers & large buckets. Anna will bring dirt & sunflower seeds, also strips of questions having to do with conservation, recycling, and other earth-friendly topics. Anna will also bring a book to donate for Earth Day.

Kasha will bring bumper stickers & bookmarks. Patti and Hope will organize the booth so

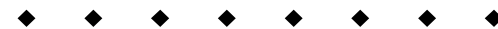
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peace, I would feel, as I laid my head down on my pillow that Mother's Day night, I would have done quite a lot. No one is too young or too old for this event. I have invited the Center For Religious Living (formerly Religious Science church) and Unity church to join us. What a fine group of "peace-givers" we could be on this auspicious day. Julia was not looking to be put mothers up on a pedestal and left there to admire. Her original idea for this day was for women and men of peace to remind the world again, that giving peace a chance may not be such a foolish idea. With one other person, or 100 other people, I will be out on a corner of Garden Valley and Stewart Parkway on Sunday, May 10th at 12:00. I hate to party alone, so will you join me?

See you in church, Annie

Announcement

Rev. Holmes will be out of the office from Monday, May 18th until Tuesday, June 2nd. In case of emergency please call her cell phone at 541-733-4017 or the church office and the office staff will get in touch with her.



Fellow UUU members, friends, and guests:

Oregon is currently at risk of losing publicly funded residential alcohol and other drug treatment. Specifically, adult residential treatment will close July 1 if our legislators do not pass an increased beer tax or find funding elsewhere. Please review The Oregonian article March 31, the editorial last week titled "Good luck with that Drug Addiction" and a guest column March 16 entitled "The Sober Truth on Oregon's Beer Tax".

If you support addiction treatment for people without private health insurance and money for co-pays, please write your legislators in support of publicly funded treatment.

Lori Farmer



KUDOS

A big thank you for all of you who helped make the Celebration Dinner a success. Special thanks to the chefs: Redge, Connie, Pat, June, Barb, Judy and Doris. Gracias to Penny, Dana, June, Barb and Patti for making the phone contacts! Graci to Kara for the nice invitation.

And a big besito to Vikki and Connie for their flower decorations!!! Those of you who helped with set-up, bringing appetizers & desserts or with clean-up you are terrific as always! Take a bow UUU folks you are something special!



May 2009

Musings

Gary Pischke
Church President

As you may have noticed, we are sprucing up the rental house to prepare it for the next renter. We are working on both the grounds and the interior. The carpet has been replaced in selected areas. The walls have been painted. And all the various systems, such as the heater, have been inspected. We hope to have the house rented soon.

The next project we are hoping to do, is put in a handicap ramp and parking spaces to access the lower floor of the church. The ramp will provide more use of the lower rooms, which have been requested for rental by various non-profit organizations in town. But we haven't been able to rent out the rooms without handicap access. For this project, we will apply for a chalice lighter grant.

Both the rental and the handicap ramp will be on the agenda for the May 17 congregation meeting. The May 17 meeting is our annual time to vote on congregational issues including election of new members to the board, the budget for 2009 to 2010, nominating committee (if any changes), and other items brought up by the congregation. With our celebration dinner pledge results and further discussion in between, our budget will be decided at the May 17th meeting.

The Great Spring Liver Detox

For the last 14 years now, we have been following a Spring Liver ritual that the ancient Chinese doctors and the new Functional Medicine doctors have taught me. It is the idea that spring is the season for the liver to do it's hardest work of the year and that is to produce hundreds of chemical enzymes to neutralize and bond the most toxic substances in our bodies to water and allow the body to excrete them safely thru the kidneys and bladder. This tradition has been one of the cornerstones of my practice and I invite those of you that have done it in the past, to consider this again for you and your families. Three weeks of a limited diet (no wheat, no dairy, no coffee, alcohol and sugar) and lots of fresh fruits and veggies, lean meats like turkey, ocean fish, and organic chicken, rice and broccoli (once a day at least) and lots of water....and a product that enhances your liver's ability to detoxify safely called Ultra Clear and voila, you are done....and you will not believe how healthy your body will be when it gets 2 quarts of bacteria-free, fungus-free, virus-free, toxin-free blood every minute. And if you have an accident or get a cold, you heal very, very quickly so it safeguards your health thru the year. Let me know if you want to be included this year....we shall begin Mid April and go thru May.

Blessings be, Leonor Horden 673-3325



(Continued from page 5)

When I asked about finding the Unitarian way of life, Redge simply said, "When it came time for our children to attend Sunday school, we steered them toward the Unitarian Church and found we loved it.

When I asked what he is most proud of, he doesn't hesitate, but says, "my partnership with Jan and my raising our four lovely children."

Redge's hobbies are photography and cooking. He is also a computer nerd and both he and Jan are responsible for building the upstairs bathroom and kitchen. In Redge's words, "I'm a do-it-yourself kind of guy."

And yes, I've saved the best for last – The Title, "Benevolent Curmudgeon, has a special meaning for me, personally. Because of the Ranyards I too found my way to Roseburg and to the Unitarian Church.

In truth, this Church houses very SPECIAL PEOPLE.



Treasurer's Report

This Treasurer's Report and the Budget Report for March 31, 2009 represents the '08-'09 fiscal year.

Our total pledges for 2008-2009 are **\$80,000**.

Fish Contributions in March was **\$259.00** plus food collected for the month.

Total pledge income in March **\$5,238.00**.

Total Plate Cash income in March **\$835.26**.

Our plate cash give away in March was **\$328.26** and went to the Literacy Program.

Total Income **\$6,398.26**. Total expense **\$9,282.93**. (Income & expenses include the Pass through money).

Actual Church Income - **\$5,811.00**.

Actual Church expense - **\$8,695.67**.

Minister salary and expense for March was **\$4,637.99**.

Our Membership is 61 members and 54 friends of the Church.

Doris Heyman, Treasurer



New and Not-So-New Member Bio

Meet Redge Ranyard

By: Sheila Lawrence



Also known as the benevolent curmudgeon, Redge was born in Santa Monica, but cannot, for the life of him, recall his first nine years. He suspects an abusive father was the cause, due to images of holes in the garage and a razor strop that pops up before his eyes. Redge says, "I think, as most children of divorce, I believed I was responsible, and life became most difficult being a surrogate father to my sister. Added to that, the family had to live without the benefit of child support. I think the crowning blow was when we heard my father had moved to Portland and remarried."

From that point, Redge spent his middle and high school years in West Hollywood, attending Fairfax and Hollywood High, leaving school in his 11th year at the age of 17 to join the Navy. In Redge's words, "I was going nowhere with two jobs after school while my mother managed apartment buildings."

When the Japanese struck Pearl Harbor, Redge was aboard ship in Boston and remained in the navy for five years, eight months, one day and twenty one hours, whew, visiting Greenland, Newfoundland, Cuba, British West Africa, the Middle East and Italy. Redge's ship was the flagship for the D Day invasion.

After separation, Redge says he held six jobs in six months and shortly after, met Janet, his future wife, in 1946. They married in 1947, and after learning of his true IQ, he began to extend his education.. He attended UCLA, Portland State U, Reed College, Pomona College and San Diego State, collecting along the way, his Bachelors in Secondary Education and Psychology, and then a Masters in Math.

In 1963, the Ranyards packed up their four children and moved to New Zealand, settling in the town of Dunedin on the South Island where Redge taught school for a year.

On their return, the Ranyards settled in Claremont, CA where Redge picked up his Doctorate at Whitman College Graduate School, and spent the rest of his working life as a teacher.

After retiring, Redge and Jan spent a year and a half in Mexico before coming to Oregon. They found Roseburg quite by accident. They knew they wanted to live in Oregon, but where? Their daughter Carol, who had traveled through Roseburg on her way North was so impressed by our fair city, suggested they leave the coastal route and check out Roseburg.

UUU Church Board Meeting Minutes

Minutes of the UUUC Board of Directors

April 7th, 2009



Item: Treasurer's Report

Doris Heyman prepared several pages of the budget report. She reminded us that a rental report will be included in future treasurer reports. Memberships are lower because some changed their designations from "member" to "friend" and others have moved. Currently we have over \$11,000 in pledges to be collected for this fiscal year.

Cost of rental upgrade (plumbing, window covering, painting, cleaning, carpet, refrigerator, etc.) will be costly. It is important that we get the house rented ASAP. Rev. Holmes requested there be no parking allowed in the church parking lot, also no pets. A committee of two or three members will oversee rental issues, including the drafting of a rental agreement.

Resolution: Anna will contact Jody Ahlstedt to see if we can come to a rental agreement involving Vista.

Item: Church Audit

Doris is working with the auditor and we are waiting to hear what our final expenses will be. This involves back payments for our part-time employees and might be as much as two or three thousand dollars.

Resolution: Doris will notify Board members, after she gets the final report from the auditor.

Item: Board Retreat- (later this year)

Instead of getting a paid facilitator, Gary suggested we handle the retreat ourselves. With four new members coming on board, we need to be sure everyone knows the history of UUU church. We also need to make sure all of us have an understanding of the duties and responsibilities of a church board.

Resolution: Plans for the retreat will be re-visited at the June Board meeting.

Item: May 17 Congregational Meeting

The following items will be covered: (1) Election of officers. (2) Adoption of annual budget. (3) Rental update. (4) Congregational directives to the Board. (5) Other items not on the agenda.

A "dream" budget will be presented and voted on. It's a \$10,000 budget increase which will include expenses due to the minister's sabbatical, as well as construction of a handicapped ramp to the downstairs area. Doris' son may be willing to do the job. It was suggested we send a funding request to Chalice Lighters to help finance the ramp.

(Continued from page 6)

Resolution: Mel Watts, Rev. Annie, Doris, and Gary will work on the application to Chalice Lighters.

Item: Peace Rally on May 10 (Mother's Day)

We are inviting the community to join us in a Rally for Peace on Mother's Day. Churches and peace groups will also be notified. We will gather, with positive signs, at the corner of Stewart Parkway and Garden Valley at noon. Those wishing to make signs are invited to UUU Church on Saturday, May 9.

Resolution: Anna will contact The News-Review and ask them to interview Rev. Holmes.

Item: Board Chat Sessions

Our after church service "chat with the Board" sessions will be on the 4th Sunday of each month. Office staff will place the announcement in the Order of Service.

Resolution: Anna will ask Kara to place the announcement in the Order of Service each month.

Item: Celebration Dinner

There was a discussion of how events will transpire. (1) Chairs of Committees will be introduced by Gary. (2) There will be a recognition of the person receiving the Unsung UU Award. (3) Pledges will be collected at the door, counted, and totals will be announced. (4) There will be a chili cookoff, and people will have a chance to vote for their favorite chili.

Item: Taking Care of Seniors Proposal

Sara Byers asked the Board to approve our church's participation in Taking Care of Seniors month throughout May. This project was proposed by the Douglas County Democrats. Volunteers are encouraged to help elderly residents with general home upkeep, including yard work, minor repairs, and painting.

Resolution: Office staff will insert the announcement in the Order of Service and by E-mail.

Item: July 12 Joint Service in the Park

Rev. Annie announced that on July 12, we will have a joint service with Unity Church, and Center for Religious Living. The service will be held at 5 pm at the Stewart Park Half-Shell. There will be music and a combined choir. The theme will be Peace.

Next Board meeting will be May 12 at 6:30 pm.

Submitted by Anna Slemmer



May 2009

Umpqua Unitarian Universalist Church

2167 NW Watters Roseburg, Oregon 97471 (541) 672-2250

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 May Day Celebration Dance
3 10:30am - Sunday Service	4	5 6:00-8:00pm - "Finding Your Inner Voice" Women's Writing Class	6 Noon-Mindfulness Meditation 6:30pm - Adult Enrichment Opportunities - BYOT - Death and Immortality: How Do We Celebrate Life? - Rev. Holmes	7 6:00pm - Choir - all are welcome!	8	9
10 10:30am - Sunday Service	11	12	13 Noon - Mindfulness Meditation 6:30pm - Adult Enrichment Opportunities - Covenant Groups	14 6:00pm - Choir - all are welcome!	15 Newsletter articles due!	16 12:30-3:30pm - Shamanic Journey Circle with Sharon Haag
17 10:30am - Sunday Service/ Congregational Meeting	18	19	20 Noon-Mindfulness Meditation 6:30pm - Adult Enrichment Opportunities - BYOT - A Spiritual Check- Up: Where Do We Go From Here?	21 6:00pm - Choir - all are welcome!	22	23
24 10:30am - Sunday Service	25	26	27 Noon - Mindfulness Meditation Adult Enrichment Op- portunities - Odyssey with Sandy Watts	28 6:00pm - Choir - all are welcome!	29	30 5:00-9:30pm - Folklore Society Coffee House
31 10:30am - Sunday Service						