



THE UMPQUEST

Umpqua Unitarian Universalist Church Newsletter

February 2012

- ❖ **Know your UU Acronyms** (pg. 13)
- ❖ **When Winter 'Blue' is not your color: How to Change It** (pg. 3)
- ❖ **Is Anger Ever Good?** (pg. 6)
- ❖ **How to let people in your life be who they are or how to not 'push the river'** (pg. 11)
- ❖ **Given a box of crayons, what would you do?** (pg. 13)
- ❖ **UUU is going Blog!** (pg. 11)
- ❖ **Something for Everyone, Children and Adults: Play the Find the Famous UU's game** (pg. 10)

Sunday Services in February 2012



Sermon Series with Rev. Holmes: The Seven Tender Mercies, as opposed to the Seven Deadly Sins. Ah, come on ... let's be UUs for heaven's sake!

Sunday, Feb. 5
Holmes

"Sincerity"

Rev.

What is the difference between being sincere and simply saying what has to be said to get what we want from people? Oh, maybe the difference between honesty and manipulation.

Sunday, Feb. 12

"Thriftness"

Rev. Holmes

I find leftovers of anything not very satisfactory, but so necessary. How does one use the things, people and gifts we have been given in most appropriate way? Hummmmm, I wonder.

Sunday, Feb. 19

"Honesty"

Rev. Holmes

One of my favorite movies is "Liar, Liar" with Jim Carey. One of the lines from the movie is 'no one can be honest all the time,' but what if we were honest all the time? How would our lives change? How would the lives of those around us change? Would it even be a good way to live?

Sunday, Feb. 26

Guest Speaker

Emory Smith

"Christianity and the Klan: Using Religion to Justify Racial Violence"

Through an idiosyncratic reading of the Bible, Klansmen and Nazis claim it is the responsibility of every Christian to eliminate Jews and people of color from the face of the earth, for Christ will not return until the earth is cleared of Satan's agents. Over 50 churches and bookstores in Oregon support this notion, called Identity Christianity. (see more info, at right, about Emory Smith)

When winter 'Blue' is not your color: *How to Change It*

☀️ There are three disorders that happen to people at this time of year; Seasonal Affective Disorder (SAD), Carbohydrate Craving, and the plain old Winter Blues 🌧️. These disorders are caused by the decrease in sunlight we experience for months on end in the place where we live.

☀️ Getting out and walking, no matter the weather, is a sure way of getting oxygen in your lungs and a smile on your face.

☀️ Getting a grow-light, found in Bi-Mart and other stores, and sitting in front of it with your eyes closed for 15 to 20 minutes, has been helpful to many people.

☀️ Taking enough vitamin D3 has been a big boost for people who feel blue.

☀️ Square dancing, moving outside your comfort zone a part of each day, walking the Mall corridor ... anything to help you feel in touch once again with the alive part of yourself.

☀️ Then you can curl up with the Kindle or a good book.



Coming up February 17:

"Love Is In The Air," Silent Auction fundraiser (see pg. 7)



Sunday, Feb. 26, Guest Speaker, **Emory Smith**, holds a doctorate in sociology from the University of Oregon. His dissertation research entailed spending five years in the field observing and interviewing Klansmen, Nazis, and skinheads in the Northwest. He discovered that one of the main driving forces of the "movement" is Identity Christianity.

“Love is in the Air”

Roseburg’s popular band, “Multiple Personalities”, will highlight a very special Valentine’s Day auction party at the UUU church on Friday, February 17th. Featured is well known jazz artist Debra Gaddis, with Tom Tryon, Doug and Judy Eckstein and Mike Fieldman.



Bring your honey or a brand new friend and celebrate with your UUU family!

There will be both Silent and Oral Auctions featuring works of local artists Susan Cumerford, Paul Zegers, Jemma Crae, Joyce Swanson, Nell Moser, Mary Ann Wilcox and Lisa Hubbard. Gift certificates for Portland, Rogue River and Northern California vacation packages, local restaurants, gift baskets, Persian rugs, early Oregon memorabilia, antique and handmade jewelry, craft items, “Picnic on the Half Shell” for 2 or 4 (including blanket set out at dawn!), River to River Progressive Dinner, a “Murder Mystery” dinner, home theatre Movie Night, Soup Supper for six, computer instruction, cookies-for-a-year ... and more!

The party starts at 6:00 p.m., featuring plenty of wonderful food and drink while we check out the Silent Auction and make our initial bids. “Multiple Personalities will do two one-half hour sets during the evening, with dancing definitely encouraged! The oral auction will be held part way through the evening. Tickets are \$5.00 – a bargain for such good entertainment, great food and a chance to win the bid on that one-of-a kind item!

A “Made in Oregon” basket will be raffled at the party. The basket will be available for viewing at church by Sunday, February 5. Tickets are \$2 each, three for \$5 and seven for \$10.

Anyone wanting to donate an item for the Auction, please contact either Doris Heyman at 541-957-0541 or Sara Byers at 541-672-8094. Happy Valentine’s Day!



Music Musings

by Sharon Haag, Director of Music

The U3 musical scene welcomes Tim Stephanos back from his travels. His voice and guitar music are delights for our listening.

Anyone remember the song, "I Heard It Through the Grapevine?" This landmark song in the history of Motown was written by Norman Whitfield and Barrett Strong in 1966. It is widely remembered by Marvin Gaye's version of it. Though it is not of a spiritual nature, it has a concept that I want to borrow.

Like in the grapevine of the song, I recently heard about U3 church music second-handedly. My "grapevine" source says some of you have said that you want to sing familiar songs, not a large variety of songs, and ones that are peppy. I hear you, and I am still breathing normally without any stressful sounds. I hope that a few newer songs would be welcome as well, so that we can spread our musical wings a bit. Thanks for the feedback.

Anyone have any musical groups you want to hear in our service? Just let me know how to contact them to see if an appearance can be scheduled.

Let's consider the words of Hafiz, the most beloved Persian poet, who lived in the 14th Century. According to the translator, Daniel Ladinsky, here are some of the lines from "I Took It as a Sign:"

Someone sent a band to my house,
And it started playing
At five in the morning.
I took this as a sign
God wanted me to sing!
Then the moon joined in
And a few of the tenor-voiced stars,
And the earth offered its lovely belly
As a drum.
Before I knew it,
I realized
All human beings could be happy
If they just had a few music lessons.

Ah, Hafiz is a musician's poet. How could I say it more eloquently?
See you singing heartily in church.



UUU Kids

In honor of Martin Luther King Jr., the children discussed why his work was so important. The level of understanding that our children possess is phenomenal.

They went on to make watercolors with a message of what their own dream for the world is. Truly, I was so touched by their beauty that I nearly cried. We will continue in this vein, following the curriculum from “In Our Hands,” and explore integrating peace and justice into our lives through caring and respect.

Our curriculum follows a continuum, and consistency of attendance is a great way to help your child feel that this church is his/her own! So keep bringing your child! We have great fun!

Kandie Kato, UUU Director of Religious Education

This Month

Peace and Justice with Oneself

- Jan. 29: Affirmation of Self
- Feb. 5: Affirmation of Self and Others
- Feb. 12: “All We Need Is Love”
- Feb. 19: Deciding for Peace and Justice

Peace and Justice with Others

- Feb. 26: Respecting Others, Valuing Diversity



Is anger ever good?

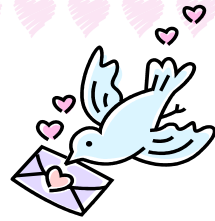
In spite of what you may have told all your life about anger being not appropriate, indeed, it is. Studies have shown that people who allow good anger to be used in appropriate situations do indeed feel better and often get a job that needs doing done.



Anger is a natural response, and when released — if not destructive, condescending or sarcastic — can be very useful. The key is to know when to be angry, when something can truly be changed, and then when to let go of it. Now *rage* ... well, that is a whole other topic. How about next time.

“Love is in the Air”

Friday, February 17, 2012
6:00 to 9:00 p.m.



It's a Concert

with Roseburg's own "Multiple Personalities" band

It's a Silent Auction

with fun, fabulous, fantastic items to bid on

It's an Oral Auction

for special treasures, with auctioneer Phil Moser

It a Party

with gourmet eats and drinks

It's a Chance

to win a Raffle Basket chock full of goodies

Celebrate the Valentine's spirit with your church family ... bring a friend, your dancing shoes (for when the spirit moves you) and, of course, your checkbook for the \$5 to \$10 (sliding scale) admission and for those items **you just can't resist** bidding on!

Everyone, please think of items **you can donate**, both for the Raffle Basket and the Auctions. Be creative! You can donate things old and new, services, trips, parties, instruction in what you know about and others don't, paintings, crafts, jewelry — you can put together a small themed gift basket with your own artistic flair.

Call Doris Heyman at 541-957-0541 for more information

Have fun with this UU word search. Any questions see Kandi Kato or Rev. Holmes.

WORD SEARCH

How many names of famous U.U.'s can you find?

The names can go [↑]UP, _↓down, \leftarrow backward, \rightarrow forward, and \swarrow diagonal.

U	N	I	V	E	R	S	A	L	I	S	T
N	Y	Y	E	L	T	S	E	I	R	P	H
I	A	C	H	E	L	L	R	U	M	G	P
T	R	E	Y	X	B	E	L	S	R	R	O
A	R	W	L	A	T	I	M	E	R	G	T
R	U	O	R	W	A	X	B	D	B	X	T
I	M	T	L	L	E	H	C	T	I	M	E
A	O	S	Y	N	O	H	T	N	A	X	R
N	O	S	R	E	F	F	E	J	O	R	P

Just look for the LAST names!

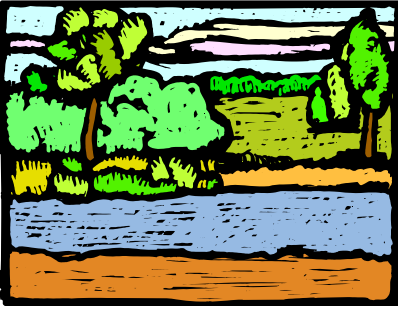
- Beatrix POTTER
- Thomas JEFFERSON
- Dorothea DIX
- Henry BERGH
- Emily STOWE
- John MURRAY

- Susan B. ANTHONY
- Joseph PRIESTLEY
- Maria MITCHELL
- Lewis LATIMER
- Clara BARTON
- Alexander Graham BELL

We raised \$300 for Guest At Your Table



Thank you to everyone who participated!



How to let people in your life be who they are, or How to not 'push the river'

From the Tao te Ching: Chapter 2:

“The Master acts without doing anything and teaches without saying anything. Things arise and she let them come; things disappear and she lets them go. She has but doesn't possess, acts but doesn't expect. When her work is done, she forgets it. That is why it lasts forever.”

It's all in knowing what you can change and what you cannot, and most of the time you cannot change another person, so you love them in a healthy way and then do the next right thing.

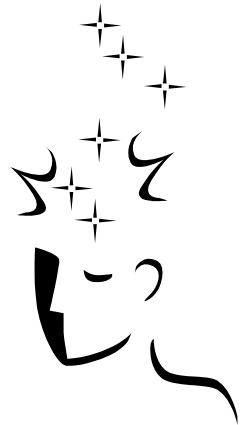
UUU is going Blog!

Yes, that is right. Very soon you will see blogs from your minister.

But I need your help. I need a good moniker as the blog's author and a good title for the site.

Any inspirations give me a call.

— Rev. Annie Holmes



Adult Enrichment Opportunities 6 p.m. Wednesdays



Where do we go for safety, new ideas and a way to find a deeper sense of our faith? AEO provides ways to hear our UU good news and learn some facts about fundamentalism and religious freedom.

- So what? These religious debates have been going on for centuries, what could they possibly mean for us today?
- Well, I'll tell you. As fundamentalism is growing in the United States in the religious world, it is also growing in our government, our schools, our libraries and our families.
- These religious debates will give you a better understanding of the history of these thoughts and the people who purported them.
- You will hear about their lives, the time of history they lived in and what they said. So...
- Let the debates begin!

February, AEO

Wednesday, February 8th

Understanding the Book of Ezekiel

Wednesday, February 15

The Pagan Cults vs. the Inquisitions

Wednesday, February 22

Introduction of the Sacred Texts of the Pagans



Given a box of crayons, what would you do?

A small boy lived a couple of houses down from me when I lived in Kenosha, Wisconsin. He was the youngest of 9 children, and by the time he got anything; clothes, toys etc. they were ragged or broken.

Through the grapevine of the neighborhood I heard his birthday was coming. I bought him the 64 count box of crayons. I specified that it was for him and only him only to find out later that he hadn't even opened them. He had never received anything so grand and he was afraid to open them and use them.

Please don't be like that poor little boy, afraid of the box of crayons that are given to us every day. We have the opportunity to "color" our days any way we want. Open those crayons, use them, and have fun!

Know your UU acronyms

Acronyms are a part of modern life. But what about those that we use here at church? Well, here I some I hope will stop the confusion when you hear them.

UUA ~ is the Unitarian Universalist Association that is headquartered in Boston, Mass. This is the national office for UUs worldwide.

PNWD ~ is the Pacific NorthWest District of which our UUU church is a member. There are 9 districts in the US. Our district includes Alaska, Washington, Idaho and Oregon. The District office is in Seattle.

AEO ~ means Adult Enrichment Opportunities. Usually on Wednesdays and usually at 6:00 pm.

Canvass ~ is the short-form of the pledge drive for the church that happens each March in order to fund the staff and the ministry of our faith.



Treasurer's Report
Month End
Dec. 31, 2011
FY 2011-12

The church continues on a good financial footing. Total account balances were \$46,561.39 as of November 30, 2011 and \$44,775.74 as of December 31, 2011. The decline in the operating account balance each of the last several months is normal, and reflects the pattern of pledge fulfillment, which tends to be greater

at the beginning and end of the fiscal year, and less during the middle. Pledge fulfillment continues to run at slightly over 100%, and non-pledge donations are running at almost 150% of the budgeted amount.

Our congregation continues to be generous in community sharing. During December, our congregation contributed \$160.88 to Fish and collected \$299.54 in support of the Unitarian Universalist Association's Guest at Your Table program.

Submitted by Diana Wales, Treasurer



**Full text of the Minutes of the monthly
UUU Board of Directors Meetings
are available in the Church Office**

Summary of the Minutes of the 11.8.11 UUU Church Board Meeting

Present: Jim Pratt, Phyllis Zegers, Paul Zegers, Diana Wales, Sara Byers, Kasha Clarie, Keith Barger, Rev. Annie Holmes, Kathy Hutchinson

Candle Lighting: Kasha lit the candle at 4:03 p.m. Jim P, thanked Phyllis Z for her services on the Board while he was out.

Minutes of the 10.11.11 Board Meeting: Accepted.

Treasurer's Report: Jim P. remarked that we've been paying our fair share for over ten years. Treasurer's report accepted.

Finance issues:

Employee contracts--First run at forms were developed by Board sub-committee meeting of 10.28.11 and presented to the Board. Calling it a Letter of Agreement with name, position, date, etc. Discussion and suggestions ensued. Each committee will write job descriptions as a recommendation to the Board. Revisions will be submitted by email.

Board/Finance Retreat Agenda --Consultant, events, treasurer recruitment, policies and procedures, review finance-related draft policies, membership status determination, events and fundraisers to fill budget gap. Patricia Mullen will report about the Conference Call at the retreat.

(cont. on page 15)

Don't Just Diet: Meditate those Pounds Away!



On **Thursdays** at 12:00 p.m., Rev. Holmes leads a meditation circle including 3 kinds of meditation

- ◆ Creative Visualization
- ◆ Buddhist Wakefulness and
- ◆ Walking Meditation.

If you don't see yourself clearly, you will never achieve your own personal goals, weight loss included.

So, take an hour out of your week and

meditate to a new vision of yourself.

(cont. from page 14)

Nomination Committee Vacancy: Board appoints Dana MacDonald.

Committee on Ministry Vacancy: Nell Moser would serve on Committee on Ministry per Annie. All in favor. Some procedural discussion.

Timeline Issues: Timeline was developed and distributed to Board via email. Diana suggested we think about whether those who won't sign a Pledge form are "Members." A list will be developed; letters will be developed.

Long-range Vision: Phyllis reported that the Building Community Committee developed a list, on Bulletin Board, so people can know when each committee meets.

Communication--Annie reported that Joe Messinger is doing great with our publicity.

Congregational Meeting: Phyllis will lead. People will have a week to submit survey to the box.

Earth Day: Keith reports that Earth Day is April 22. If a group gives \$500, they'll get a logo and name on a t-shirt and on advertising and publicity. To be continued.

5. Staff evaluations: Board evaluations are yearly, in May or June, to be completed by Committee Chairs and Minister. Right of Appeals to the Board.

6. Policy Manual progress update: Diana and Phyllis met and created a "draft policies" document. Jim P. suggested the committees read their likely sections of concern, comment and return to the Board for Board input. Add to next Board Meeting agenda.

Other business: Next meeting is Tues., Dec. 6 at 4 p.m. Kasha will candle-light.

Church emails: Annie and Kathy consider from whom, etc. and how many there are that week so we don't send too many to our Members and Friends list.

De-lit at 5:43. *(submitted by Kathy Hutchinson, Church Administrator)*

Umpqua Unitarian Universalist Church
2167 NW Watters St., Roseburg, OR 97471
www.umpquauuchurch.org

MinisterRev. Annie Holmes
541-733-4017, aholmes78@cmspan.net

Staff:
541-672-2250, umpquuu@cmspan.net
Director of Music..... Sharon Haag
Director of Religious Education..... Kandie Kato
Church Administrator..... Kathy Hutchinson

Church Officers:
President..... Jim Pratt
Vice President..... Phyllis Zegers
Treasurer..... Diana Wales
Secretary..... Paul Zegers
Member-at-Large..... Keith Barger
Member-at-Large..... Sara Byers
Member-at-Large..... Kasha Claire

Committee Chairs:
Adult Enrichment..... Lucy Harrington
Art..... Joyce Swanson
Building..... Dean Byers
Cares and Concerns..... Joyce Swanson
Committee on Ministry..... Judy Robertson
Community Building..... Jacie Pratt
Music..... Pat Zemlin
Finance..... Sara Byers
Office..... Doris Heyman
Sunday Services..... Keith Barger
Volunteer Coordinator..... OPEN
Webmaster..... Bernie Fox

DIRECTIONS:

I-5 Exit 125 West on

Garden Valley Blvd.;

L at Kline (by WF Bank);

R at Valley View (1st stop

sign); L at Watters; after

Finch Ct., 3rd bldg on Left.



2012

February

Umpqua Unitarian Universalist Church

www.umpquauuchurch.org
umpquauu@cmspan.net

2167 NW Watters St., Roseburg, Oregon 541-672-2250

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Noon Book Discussion "Women Who Run With Wolves"	2 Noon Meditation	3 10 am Publicity Committee meets	4
5 10:30 am service "Sincerity" Rev. Holmes	6	7 Noon Committee on Ministry meets Full 'Snow' Moon 13:56	8 Noon Book Discussion "Women Who Run With Wolves" 6 pm AEO: Understand the Book of Ezekiel	9 10:30 am Finance Committee meets Noon Meditation	10	11 4 pm Book Group at Rev. Annie's/pothuck
12 10:30 am service "Thriftiness" Rev. Holmes	13	14  Last Qtr Moon 09:05	15 Noon Book Discussion "Women Who Run With Wolves" 6 pm AEO: Pagan Cults vs. Inquisitions	16 Newsletter Submissions Due Noon Meditation 1 pm Music Committee meets	17 6 to 9 pm "Love Is In The Air"  auction fundraiser	18
19 10:30 am service "Honesty" Rev. Holmes	20	21 New Moon 14:37	22 Noon Book Discussion "Women Who Run With Wolves" 6 pm AEO: Sacred Texts of Pagans	23 Noon Meditation	24	25
26 10:30 am service "Christianity and the Klan: Using Religion to Justify Racial Violence" Emory Smith	27	28	29 Noon Book Discussion "Women Who Run With Wolves" First Qtr Moon 17:23			