

# EAST BREEZE



Newsletter of the James Reeb Unitarian Universalist Congregation, Madison, Wisconsin  
Volume 24, Number 2 — February 2016

## Connections

The cold and gray days of February are upon us. What a great time to get heated up with the theme of anger! We'll be spending time on Sunday mornings and in small groups exploring this strong and complicated emotion in the frame of our spiritual growth and our work in the world.

Reeb is certainly keeping warm and active! Our DRE Search has begun, as has planning for our annual budget drive. Our Endowment Committee is hard at work, creating our Endowment Fund and talking with Reebers about it. Our anti-racism core team is starting to discern how to plan for the work ahead; please contact me if you're interested in working with this team, or have input to offer. New social events are happening, created collaboratively by our Membership Committee and our Peace, Justice, and Sustainability group – starting with a game night on the first Friday of this month, and movie nights on subsequent first Fridays.

And our relationships are warming up. I'm working with folks from the other UU congregations in town to create collaborative opportunities, like our co-hosting the Everett Mitchell talk at FUS on February 9, and a March 6 Families for Justice workshop on talking with children about race that's a follow-up from last month's "Children Are Not Colorblind" workshop at FUS. The "Who Are Your Neighbors" workshop we're offering in March is also a collaborative effort between Reeb, FUS, and Prairie. And we'll be having conversations about possibly forming a partnership with a non-UU congregation in Madison.

We're not alone in thinking about collaborative work. Our Regional Assembly in April will focus on who we want to be as faith communities, how we'll get there, and who will join us in our journeys. Interfaith work will also be the focus of this year's General Assembly. I hope you'll consider coming to one or both of these gatherings – GA will be in Columbus, Ohio this year!

Here's to staying open to the (many) possibilities!

In faith and love,  
Karen

## February 10 AM Sunday Services

### Anger

"Bitterness is like cancer. It eats upon the host.  
But anger is like fire. It burns it all clean."  
-- Maya Angelou

#### 2/7 "The Power of Anger in the Work of Love"

##### The Rev. Karen Quinlan

There's plenty in our world to be angry about. Today we'll explore some of the ways we think about anger, how it can impact our lives, and how we might use it in the work of transformation. Heather Yonker will provide the music.

#### 2/14 "The Heart of Anger"

##### Kim Reain

Join Kim as she explores several philosophical ideas of anger. Is there a purpose? Does anger serve us or do we serve anger? What do patience and intention teach us about the heart of anger? Rachel Avery will provide the music.

#### 2/21 "Dancing with the Shadow"

##### The Rev. Karen Quinlan and Joe Jencks

Many of us think of anger as negative. This morning, we'll explore what a healthy relationship with anger might look like. Joe is an international touring performer, songwriter, entertainer, and educator – and a friend of Karen's who makes music his ministry. Together, they will weave song and story about the human dance with this strong and difficult emotion.

**2/28 “Anger through the Lens of Passion”  
Rev. Everett Mitchell**

Often social justice is lost when we lose our passion and bring that passion of love and light to everyone. The world is not transformed into an equitable and just place through apathy. It will only be transformed when we are more passionate about removing injustice than we are about the differences between one another. Heather Yonker with provide the music.

**Check-in question:** What role has anger played in your life?



**Minister’s Office hours for  
February**

Wednesdays, 10:30 am – 12:30 pm, at JRUUC  
Thursdays, 12:30 – 2:30 pm, at Café Zoma on  
Atwood Ave.  
Evenings and Saturdays by appointment.

**Meet & Greet with Rev. Karen  
Sunday, February 21**

New and returning visitors are invited to spend some time in conversation with each other, Membership Committee members, and Minister Karen Quinlan during the Chili & Cornbread fundraiser. Meet us at the designated table. See more information about chili and cornbread later in this newsletter.



**President’s Column**

**Regional Assembly Reflection**

If you haven’t yet participated in a denominational activity such as Regional Assembly or General Assembly, I highly recommend doing so. My first time attending such an event was when I went to General Assembly in Minneapolis. General Assembly is the gathering of UUs from across the country, and it blew my mind. Never before had I had such a feeling of shared spiritual experience and belonging in a community. There is nothing like singing at the top of your voice along with hundreds or thousands of fellow UUs, or having passionate discussions in breakout sessions, or laughing with congregants from another state over the similarities and differences among us.

Last spring, I attended Regional Assembly (a gathering of clergy, staff and lay people from congregations in the Mid-America Region) in Illinois with a handful of other Reebers. Together and individually, we explored the theme of “The ‘New’ in the New Era in Unitarian Universalism.” The keynote speakers told stories and discussed the racism we are attempting to dismantle in all aspects of our culture, especially focused on our UU values and the role our congregations can play in this important work.

This year’s Regional Assembly is Friday, April 29 through Sunday, May 1 in St. Paul MN. The theme builds on last year’s and is called “The WHO in the New Era of Unitarian Universalism.” The keynote speakers, worship services, workshops and social time promise to provoke, inspire, and energize.

Let’s get a group together to grow and stretch our minds and hearts at Regional Assembly this spring. Early Bird registration is \$175/adult, and is good through March 31. The fee includes all programming, plus four meals. Learn more at <https://www.midamericauua.org/events/regional-assembly>.

You can also talk to Carin Bringelson or Elizabeth Barrett with any questions about denominational events and activities.

Blessed Be,  
Virginia



## Financial Update

	December	Fiscal year to date
<b>Income</b>	\$36,420	\$118,834
<b>Expenses</b>	\$13,845	\$ 80,530

We had a positive cash flow in December. Many people paid their pledges for the tax year end, and the income includes a \$10,000 gift specifically for the endowment. That \$10,000 was transferred to the endowment fund in January. Other financial news is that the interest rate on our line of credit (which currently has no balance) increased slightly to 5.5% in December

Jeanne Lydon, Treasurer



### **Mid-America Chalice Lighters to Fund \$5,000 of Reeb's \$10,000 Grant Request**

From Dori Davenport Thexton, on behalf of the Chalice Lighter Committee: "We celebrate with you the arrival of your new minister and the hiring of a Music Director. We acknowledge and appreciate the number of Chalice Lighters you now have in your congregation, and do believe that these items will all support your congregation's goals, as well as lighting the way for other congregations.

We also appreciate knowing that you have budgeted to support a future Fair Share contribution to our faith. We all hope that your congregation does meet your ambitious plans and achieve the religious education and social justice goals that you have identified. We send our best wishes for your continuing success."

**A heartfelt thanks to the Chalice Lighter Grant Application Task Force, led by Terri Pepper!**



## Religious Education

We are starting our new semester and getting back into the swing of things with the continuation of our curriculum from the fall, and our teachers are getting prepared a much needed break, followed by the THANK YOU BRUNCH in late January.

This month will also be our last session of OWL, with a final Lock-in from Friday 12th of February through Saturday afternoon. Our Youth have had such a good time together that we are looking forward to starting our Coming of Age program in March to continue this momentum. We are looking for one or two more leaders for the program, so if you're interested, please contact DRE Sara Goodman at re@jruuc.org.

Our Guest at Your Table campaign collected \$84.35 for the UUSC! Thank you everyone who participated!

Sara Goodman, Director of Religious Education

### **Teens: Let's Talk About Race Saturday, February 20**

Madison UU congregations, along with a coalition of liberal faith communities, are hosting a special opportunity for teenagers in 8<sup>th</sup> – 12<sup>th</sup> grade. Let's Talk About Race: A Conversation with Teens, will be held at First Unitarian Society on Saturday, February 20th, noon - 4 p.m. The workshop will be facilitated by Groundwork, a Madison organization working toward achieving racial justice and equity in Dane County. The event is sponsored by Wisconsin Public Television. Lunch and lively conversation are provided! The workshop is free, but we do ask that teens bring a donation, which will be given to either Briarpatch, One City Learning Center, or Boys & Girls Club. [Learn more and register.](#)



## The DRE Search Is On!

The search committee for a new Director of Religious Education met for the first time on Sunday, January 17, after fortifying ourselves with great soup, grilled cheese sandwiches and other goodies. Thanks to the efforts of the Fun(d)raising Committee and other volunteers, we were very productive.

**First of all, we want to thank Sara Goodman for her contribution to our Religious Education program.** Sara brought so many gifts, along with that heartwarming smile! She will finish working for us on May 30 and then prepare for her new baby!

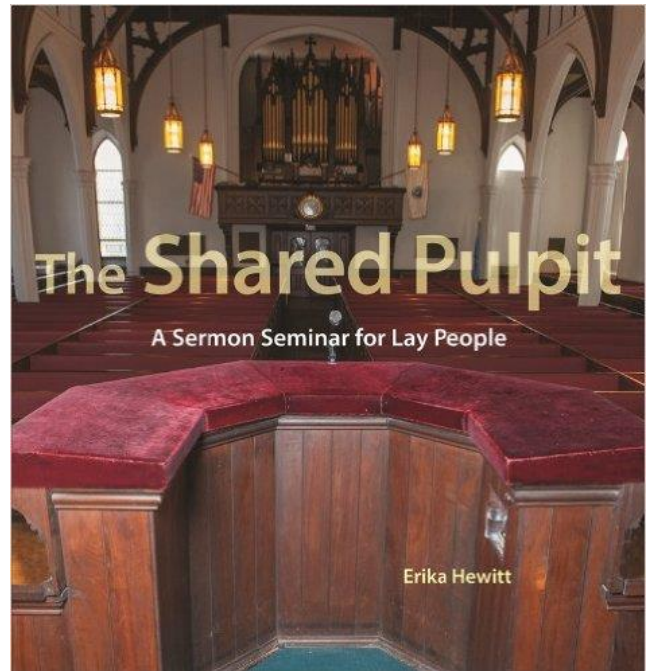
We got to business by all keeping silent when Karen asked who wanted to be chair. So, we divided up other roles and responsibilities, in hopes that the responsibilities of the chair wouldn't look so daunting. The role of point of contact with the congregation was taken by Larry Orr. **If you have questions or suggestions for the committee, please contact Larry at 608-516-1823 or elkayo@gmail.com**

We proceeded to build a timeline for our work. We hope to have the position posted (mid-February) as soon as work on the job description is completed. Our hope is to have the final candidate start in time to have some overlap with Sara, should the BOT approve that option.

Finally, we set up future meeting dates. Unfortunately, they won't start with the fortification of goodies, but ours is important work, with a good group to do it. I will keep you up to date on our progress (that's my role). Please keep us in your thoughts.

Mary Wagner, for the DRE Search Committee

Sarah Elmore, Chair, Caroline Harden, Larry Orr, Mary Wagner, and Rev. Karen



## Adult Religious Exploration: The Shared Pulpit Begins Tuesday, February 16

Erica Hewitt writes in her book *The Shared Pulpit*, “In our Unitarian Universalist tradition, we speak of shared ministry — the embodied belief that everyone, not just the ordained minister takes part in the ministry of the congregation.” Our tradition calls us to lift up all voices, and preaching, which Ralph Waldo Emerson described as “putting life through the fire of thought,” is a spiritual practice that is open to all.

This winter and spring, Rev. Karen will facilitate a program in which we'll practice the art of writing and speaking authentically, using Erica Hewitt's book as a guide. This isn't just a course for people planning to preach – this program aims to deepen connection and trust among us. It contains advice, tools, and a process designed to equip you to be even more skilled, confident leaders (because anyone brave and curious enough to share their journey publicly with the congregation is, in fact, a leader). Along the way, you'll discover your authentic voice by writing a sermon to deliver to the congregation.

There will be eight sessions, at 6:00-9:00 pm on the following Tuesdays: February 16 and 23, March 8 and 22, April 12 and 26, May 10 and 17. Please let Re. Karen know if you are interested.



## **Music Matters at JRUUC**



### **Choir holiday party disguised as a rehearsal!**

(L to R. Rachel Avery, Jean Skinner, Tom Kemble, Becca Everett, Sarah Hallas, Chris Glad, Marla McFadden, Amanda Werhane, Jane Aldrich, Heike Saynisch, Kirsten Johnson, and Liam Dagnon.)

I came home from choir rehearsal last night, energized and smiling. It was a most excellent gathering of smart, witty singers, untethered from any confines of the day and something truly worth being part of. “I’m Mad!” about this group of human beings. They do so much more than just “Get By With a Little Help From Our Friends!” Several members joyfully participated in the Martin Luther King Community Choir this month and I see choir members taking on many other responsibilities at JRUUC and in the community at large.

Thank you Rachel Avery and Doug Erickson for continuing to help accompany alternate services. Please give out a warm welcome to newest choir member Liam Dagnon the next time you see him! Let us know if you need any “Help” along the way. All around, it looks like a lot of “Love in Action” to me, so keep doing what you’re doing.

Thank you, too, to our Board of Trustees for their quick discussion and agreement to accept a small grand piano that I learned about unexpectedly. It was a wonderful and serendipitous opportunity, and I’m so grateful to the owners, Bob and Cindy McCabe, for their generous donation.

“Follow Your Heart”  
Heather Yonker, Music Director



## **Joe Jencks Concert**

**7:30 pm Saturday, February 20**

**\$15 for adults/ \$10 for children and**

**Low-income adults**

**\$45 maximum for families**

Joe is an international touring performer, songwriter, entertainer, and educator. From venues like Carnegie Hall and Lincoln Center in New York, to coffee houses, festivals, spiritual communities, and schools, Joe has spent the last 12 years touring full time. His songs have traveled to every continent via his own performances, radio, CDs, web casts, and other musicians. He is noted for his unique merging of musical beauty, social consciousness, and spiritual exploration. Joe weaves a diverse web of stories with brilliant musical skill, ensnaring even the most rigid of hearts, inviting them to open. **His songs invite us to live inside of our passions and our beliefs.**

See more information about Joe and his music here:  
<http://www.joejencks.com/>

## **Sunday, Feb. 14<sup>th</sup>, Dharma Voices for** **Animals will be holding a** **Vegan Bake and Craft Sale**

20% of the proceeds from the sales of the baked goods will go to JRUUC. Envision Positive (DVA member Iris) will have lots of arts and crafts to sell. (Envision Positive donates 50% of her proceeds to a different Animal Rights organization each month.)

## **Covenant of Right Relations World Cafés Feb 21 and 24**

In May of 2013, the congregation voted to affirm a Covenant of Right Relations (CRR), mapping out ways in which we want to be in relationship with one another: Member to Self, Member to Member, Member to Leadership, Member to Minister, Member to Staff, and Member to Larger Community. You can see it at [www.jruuc.org/covenant-right-relations-0](http://www.jruuc.org/covenant-right-relations-0).

The Covenant of Right Relations is written to reflect a shared vision, and as such is intended to evolve over the years. **The time has come to revisit it. Plan to participate in a World Café discussion of the CRR at Reeb on either Sunday, 2/21 during the luncheon or Wednesday, 2/24 at 6:30 p.m.** Hard copies are available in the Narthex (lobby) and will be on the tables at the luncheon. Questions? Email Virginia at [harrisonvirginia@rocketmail.com](mailto:harrisonvirginia@rocketmail.com).



### **Chili and Cornbread Fundraiser! Sunday, February 21**

Please join members and friends of this Congregation for good food and Conversation at an after-service meal.

Interested in providing chili or bread?  
Please contact Cindy Rudd at 608-244-8428  
or [clrudd47@gmail.com](mailto:clrudd47@gmail.com).

Suggested donation \$6/adult, \$3 for kids.  
Coordinated by the FUN(d)raising Committee

## **Justice at JRUUC**



### **Updates from MOSES**

JRUUC is a congregational member of MOSES -- an interfaith coalition working to increase justice in our state. From numerous angles we are working to decrease the Wisconsin prison population -- and advocate for other change in Wisconsin, too.

**Thursday Feb. 4<sup>th</sup>, 5-7 pm Listening Session** at Grace Episcopal Church (116 W Washington Ave.) regarding Wisconsin Dept. of Corrections. This event is needed to encourage state legislators, media, and people of good will to hear for themselves about our unaccountable incarceration system. Please plan to attend. Invite your friends and your representatives. Topics to be addressed include:

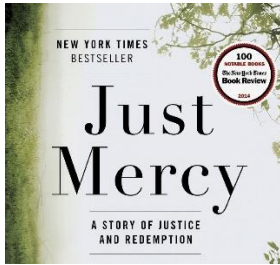
- Crimeless Revocations
- Denial of parole for Old Law Prisoners
- Solitary Confinement
- Compassionate Release

**Upcoming monthly meetings are Saturday, Feb. 6<sup>th</sup>** (at Midvale Community Lutheran Church, 4329 Tokay Blvd.) and **Saturday, March 5<sup>th</sup>** (location TBA). Socializing with coffee and cookies starts at 9:30 am; the meetings usually run 10 am to noon.

If you have questions (or want to get an ROC Wisconsin Prayer Card) contact Carin B. at [cmbringe@gmail.com](mailto:cmbringe@gmail.com) or see <http://www.rocwisconsin.org/> or <http://mosesmadison.org/>.

### **The Peace, Justice, & Sustainability Group (PJS)**

We meet the second Monday of the month. Our next meeting will be 7 pm February 8<sup>th</sup>. All are welcome to participate. Questions? Email Barb at [bwhitney@chi-squared.org](mailto:bwhitney@chi-squared.org)



## “Just Mercy and Dane County”

**The Rev. Everett Mitchell**

**February 9, 7 to 8:30 pm at**

**First Unitarian Society**

Coffee and snacks will be served beginning at 6:30 pm in the Landmark Auditorium. Rev. Mitchell facilitated an evening with *Just Mercy* author Bryan Stevenson at the UW, where Mr. Stevenson discussed injustices in our criminal justice system -- based in race, poverty, and gender -- on a national scale. Now, Rev. Mitchell, practicing attorney and former assistant D.A., brings this discussion home to needed reforms in our local system. This event is hosted by FUS, Congregations Shaarei Shamayim, and James Reeb, and is part of FUS' engagement with this year's UUA Common Read <http://www.uua.org/news/stories/just-mercy>



## Celebrate 30 Days of Love!

Every year the Standing on the Side of Love initiative celebrates "30 Days of Love" between Dr. Martin Luther King, Jr. Day and Valentine's Day. This year we're centering on racial justice as it intersects with other core justice priorities of the Unitarian Universalist Association, such as immigration justice and LGBTQ equity. Here at JRUUC, one way you can celebrate is by picking up a **Black Lives Matter yard sign** for your yard, window, or upcoming public rally -- or get some for your neighbors, friends, and family members. The yard signs are available in the Narthex for a suggested donation of \$5 each. All donations go to help the Peace, Justice, and Sustainability (PJS) Group recoup the costs of purchasing the signs.

## Recent Share the Plate Totals

Primates, Inc.	\$143.50
UW-Madison Odyssey Project	\$175.00
Healthy Food For All	\$118.00



## Empowering Children and Ourselves to Talk About Race Saturday, March 5<sup>th</sup> 3:30-5:00 pm In our Sanctuary

### Note the Date Change to Saturday, March 5th!

Families for Justice is offering an interactive workshop to practice concrete strategies for talking about race with children. Learn to intentionally speak to the children in your life about justice, naming race, and resisting racism. Together we will work to positively impact the ways that our children see, categorize, and make meaning about race. In this hands-on workshop you will:

- Practice various strategies to talk about race with children.
- Develop confidence to engage children in age-appropriate ways.
- Learn to encourage children's ability to notice and name fairness and unfairness in everyday life.
- Connect with other adults in a supportive community.

**Space is limited. Childcare is available upon request. For more information and to register go to: <http://www.familiesforjustice.org/>**

Co-sponsored by Families for Justice, First Unitarian Society, & James Reeb



**Who Are Our Neighbors?**  
 INTERCULTURAL COMPETENCY  
**Intercultural Competency Workshop**  
**March 18 and 19**

Growing and deepening our capacity for successful multicultural ministries and stronger intercultural relationships is critical to the fulfillment of our vision for Unitarian Universalism and building the Beloved Community. This Who Are Our Neighbors weekend workshop will help you gain new tools and concepts in moving yourself, and your congregation, toward your goals.

What you will learn:

- A framework for understanding your competency, and how to enhance your own skills in communication
- A way to continue the conversation within your congregation
- Insights in the multiple components of conflict, and how it intersects with intercultural competency
- Next steps, personally and organizationally, in continuing this work

**Watch your weekly email for more details and the registration link!**

**We received a delightful letter from the Jail Chaplains after our 2015 Giving Tree:**

To the people of James Reeb UU,

I hope this note finds you all healthy, well and warm as we begin the New Year! I want to thank you for your generous support of the Jail Ministry this winter. When I sent out a message asking for donations I had no expectations in mind. I was simply hopeful that we would receive some donations. Through your support, along with the support of other local faith communities, the jail ministry received the

following donations in the final two weeks of December:

5 boxes of tissue	75 Scarves
9 decks of cards	98 Winter Coats
10 sketch pads	100 stamps or stamped envelopes
15 packs of colored pencils	122 Pairs of Gloves
16 pairs of reading glasses	150 Hats
18 sets of thermals	200 pairs of socks
30 calendars	250 pencils
53 pairs of underwear	Hundreds of books and
63 composition books	1670 Christmas Cards!
65 undershirts	

Needless to say, I was overwhelmed by your generosity! And the men and women were touched by your kindness. As I passed out supplies, I felt a bit like St Nicholas, filling stockings with Christmas cheer.

Christmas in jail can be an exceptionally lonely time. Many people feel forgotten and disposable around the holidays. Despite the reality of their situations, they were able to experience a bit of the joy and peace which defines Christmas. As I passed out the cards, the men were excited but confused. "Is this from you?" and "Do you want me to give this to someone else?" were the questions I most often heard. "It's for you," I would say. "Someone whom you don't know wrote it for you." They would look at me curiously, to which I would reply, "You are not forgotten. There are hundreds of people in our community who are thinking of you, praying for you and working to make this a more just system. This card is from them. Merry Christmas."

Thank you for your kindness and generosity.

Chaplain Christa Fisher





## **Stewardship Stirrings**

### **Annual Budget Drive “Tending the Flame” Kick-off Sunday, March 6**

Save the date! The Annual Budget Drive kickoff will be during the Sunday Service on Sunday, March 6th. This year we will hold cottage meetings in the first few weeks of March as part of the Annual Budget Drive to connect through shared stewardship. Cottage meetings are informal small group meetings held in the homes of congregants or at JRUUC -- a chance to get to know each other better and share what feeds us at JRUUC and our hopes for the coming year.

Are you interested in hosting a cottage meeting? Please contact Shaili Pfeiffer for more details at 241-0884 or [shailipfeiffer@hotmail.com](mailto:shailipfeiffer@hotmail.com) if you might be interested. Note that cottage meeting hosts are only responsible for hosting the gathering, but that an annual budget drive representative will facilitate the meeting program. **If you haven't been invited to a cottage meeting by February 15th**, but would like to be, please contact Shaili.

#### **Thank you corner: Breakfast of Champions!**

Every month the Stewardship Team likes to thank volunteers who help make our various programs run smoothly when they donate their time and talent. For February, we're highlighting a long-term Social Action project: **Breakfast at the Men's Homeless Shelter.**

Once a month, Reebers (along with folks from Prairie UU Society) purchase food to cook and serve. Meeting at around 5 am for a couple hours, volunteers prepare and serve a meal to the men who have stayed at the Homeless Shelter the previous night. Great big thanks to the Breakfast Coordinator Peggy Haack.

Volunteers who have prepared and served breakfast in the past year include: Art Hackett, Barb Whitney, Hannah Zimmerman, James Phillips, Jerry Sullivan, John Koch, John Mathis, Kelly Kearns, Kim, Dan, & Quinn Reain, Marla McFadden, Mary Anglim, Molly Mitchell, Raymond, & Noel, Shaili Pfeiffer & Sena, Tom McClintock, Virginia Harrison & Ellie. Food shoppers have included: Jane Aldrich, Jocie Luglio, and Peggy Haack.

If you want to get in on the action, contact Peggy at: [peggyhaack@gmail.com](mailto:peggyhaack@gmail.com)



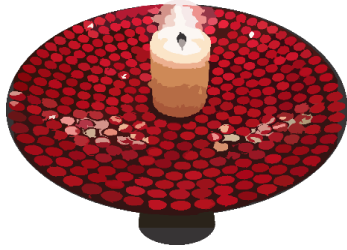
### **From the Office**

Obviously, the newsletter is late this month. The good news is that I submitted all the employer tax documents to the IRS, the SSA, and the Wisconsin Department of Revenue in addition to giving completed W-2 forms to all six of our 2015 employees. I also sent (via email) a 2015 Donation Statement to everyone who made a financial contribution to JRUUC last year. **If you did not receive one, please let me know!**

Of course you read Virginia Harrison's article about our MidAmerica Regional Assembly, happening in St. Paul this coming spring. More information about Regional Assembly is on the following page.

June 22-26, UUA General Assembly will be in Columbus, Ohio <http://www.uua.org/ga>.

Yours in growing faith,  
Elizabeth J. Barrett, Office Administrator



**MidAmerica Regional Assembly  
April 29 – May 1 in St. Paul  
The WHO in the New Era of  
Unitarian Universalism**

We will look at WHO we want to be as faith communities in the coming years.

Who will we Unitarian Universalists need to be, to be relevant? How will we get there? Who will be joining us on this journey?

We have three keynote presenters to help us explore these questions:

- **Rev. Elizabeth Nguyen**, Leadership Development Associate for Youth and Young Adults of Color at the UUA;
- **Rev. Jeremy Nickel**, minister of the Mission Peak UU congregation in Fremont, CA;
- **Kenny Wiley**, UU World senior editor and Director of Faith Formation at Prairie UU Church in Parker, CO.

They each will present highlights of their own work as they look forward to the future of Unitarian Universalism. There will be conversations with each other and they will take questions from participants.

And, as always at Regional Assembly, we will have worship services to inspire us and workshops to stimulate our thinking, along with plenty of opportunities to have fun with new and old UU friends.

**Registration is only \$175 for adults -- \$150 for young adults (ages 18-35) through March 31!** Registration includes four meals: breakfast, lunch, & dinner Saturday and breakfast Sunday. Scholarships are available. The price will increase April 1<sup>st</sup>. You need to register for a hotel room separately.

[https://www.midamericauua.org/index.php?option=com\\_content&view=category&layout=blog&id=89&Itemid=665](https://www.midamericauua.org/index.php?option=com_content&view=category&layout=blog&id=89&Itemid=665)



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*East Breeze* is published monthly by James Reeb Unitarian Universalist Congregation. To subscribe, unsubscribe, or change your mailing address, contact the newsletter editor (Elizabeth Barrett).

Newsletter submissions may be emailed to [office@jruuc.org](mailto:office@jruuc.org). The soft deadline for submissions is the 20<sup>th</sup> of the month at 5 pm. Please limit articles to 200 words. Please be careful not to include sensitive information.