

# EAST BREEZE



Newsletter of the James Reeb Unitarian Universalist Congregation, Madison, Wisconsin

Volume 25, Number 5 — May 2017

## May Theme: Embodiment

“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”  
-- Pierre Teilhard de Chardin

### Connections

“We’re all a part of God’s body.” This line is from a song called “I Need You To Survive” by David Frazier, that we’ll be learning in worship this month. It comes to mind for me right now for two reasons.

First, the theological statements. In Christianity, the apostle Paul, who consulted with many of the early churches forming shortly after Jesus’ death, used the metaphor of the body to describe the relationship between the congregation and its members. He said that we’re of one body, and that we need each other to function as a whole. He also said “If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it” (1 Corinthians 12:26), which I think expresses an intersection between two of our UU principles: the inherent worth and dignity of all, and the interconnected web of existence of which we’re a part. In Hinduism, the Bhagavad Gita teaches a related truth – that we all contain the light of the divine, which will return to god when our physical bodies die. So we’re all part of god.

Second, the implications. If we’re all part of God’s body – or one body if you prefer that language – then how we move in the world becomes much more important than if we think of our actions as impacting some unknown “other” halfway around the planet. So we can learn to think about what we do as affecting other parts of our shared body. And if we’re all part of one body, we can become much more aware of the need to take care of ourselves – if not for us, then for the good of the rest of our body.

As we enter into deep and challenging conversations about our possible roles in the New Sanctuary Movement, and the ongoing impacts of white supremacy culture on our denomination, I invite you to breathe into remembering this teaching – that we’re all part of one body.  
In faith and love, Karen

## 10 AM Sunday Services

- 5/7 “Until It Is Faced”**  
**The Rev. Karen Quinlan, Bev Buhr, and Alice Mandt, Director of RE**  
Our nation, and our faith tradition, are immersed in a culture created and maintained by our founders and their descendants. The current controversy in our Unitarian Universalist Association is an outgrowth of this culture. Come and learn a little bit about this water in which we’re swimming, and why the words “white supremacy culture” describe a wider phenomenon than men in white cloaks.
- 5/14 “Love Letters to Our Bodies”**  
**The Rev. Karen Quinlan and Alice Mandt**  
We move around in our bodies all the time! And often we don’t remember to actually notice that. In this multigenerational service, we’ll use all five of our senses to offer our bodies gratitude and gentle forgiveness
- 5/21 “Where I’m Supposed To Be?”**  
**The Rev. Karen Quinlan**  
There are so many things competing for our attention and support, and it can be hard to choose one without feeling like we’re missing something. This morning, we’ll explore the roles of gratitude and intention in learning to be present.
- 5/28 “UUs Resist During Troubled Times: A Look Back in History”**  
**Craig McComb**  
In an earlier era, when our nation was severely polarized and society seemed in danger of fracturing, many Unitarians were out front embodying their values. We look at one family.

## **Minister's Office hours for May**

Wednesdays, 12:00 noon – 2:00 pm, at JRUUC

Please let me know if you're coming.

Thursdays, 10:30 am – 12:30 pm, at Café Zoma on Atwood Ave. – stop by for a chat!

### **This month's Meet n' Greet with Rev. Karen Sunday, May 14<sup>th</sup> after the service**

Get a beverage & join Karen and members of the Membership committee for a chat.

### **Wednesday Evening Vespers May 17<sup>th</sup> at 6:30 pm**

Join Rev. Karen for a quiet reflective time of meditation, music, and sharing.

**Check-in question:** When was the last time you listened to your body? What is your body saying right now?



### **Wailing Yoga Workshop with Jenny Peek Sunday, May 7<sup>th</sup> 2:30-4:30 pm RE multipurpose room**

This workshop provides participants with the opportunity to explore how their culture impacts the ability to express the sounds of grief, suffering, frustration, and even physical pain. For example, gender, race and ethnicity, religion, age and socio-economic status all have an impact on how we may express these feelings. Further, we may believe vocalizing pain and suffering is appropriate or inappropriate within bounds of time, space or location, and activity. The workshop moves from discussion intended to identify these boundaries at a personal level, into an opportunity for participants to connect with their own sounds of pain and suffering. What is pent up? For how long, and at what cost? Can we create our own space and time for connecting with the build-up of pain and suffering in our bodies, our spirits? What would this look like? The conclusion involves debriefing the experience. What if anything surfaced during the exercises?

**This workshop will be about the movement of sound through our bodies rather than about how we move our bodies.** We'll be sitting on chairs (or the floor if desired) for most of the time, and yoga mats are not necessary. Please wear comfortable clothes, and anything that might help you sit comfortably. There's no fee to attend.

Jenny Peek is a Unitarian Universalist minister who recently earned her Master of Divinity degree from Meadville Lombard Theological School. Her most recent congregational experience was as intern minister for the UU Fellowship of Elkhart, Indiana. Jenny is passionate about providing opportunities for people to deepen their understanding of the relationships between culture and self, self and church, and self/church and the greater community

## **President's Column**

May is the month of meetings! It's the time when, having completed the ABD, the Operating Budget Task Force meets to finalize the budget. The board meetings are consumed with completing our evaluation of Rev. Karen.

And of course, in May we meet as a congregation to set our course for the next year. Like a lot of the meetings I've attended at Reeb, it will be a mix of the mundane and the uplifting and transformational. We approve the minutes, but we also take time to appreciate all of the work that went into serving our mission over the past year. We vote on an operating budget, but we also vote on resolutions and statements of conscience that will inform our ministry and inspire our mission for years.

This year is no different. Our Sanctuary taskforce has been hard at work crafting language and meeting with members to try to determine how our Reeb community can best support the people and families in Madison that are threatened by aggressive enforcement and accelerated deportations. I encourage our entire community to learn as much as possible about this issue by attending one of the scheduled events at JRUUC.

Charlie McNulty, Board President



## Financial Update

	March 2017	Year to Date
<b>Income</b>	\$12,386	\$149,142
<b>Expenses</b>	\$12,503	\$134,820

In keeping with the season of the spring equinox, our cash flow was very balanced for the month of March. Income and expenses were very close to equal, and we continue to have a positive cash flow for the year. Thanks to everyone who turned in their financial commitment forms for the upcoming fiscal year.

Jeanne Lydon, Treasurer



## **Annual Congregational Meeting Sunday, May 21<sup>st</sup> after service**

Our congregation will hold its annual business meeting, but it's not all business! We will conduct our normal orders of business – **voting on the slate of nominees for board and committee positions** presented by the Nominating Committee, and **voting on our 2017-2018 operating budget.**

In addition we'll be considering two special items –

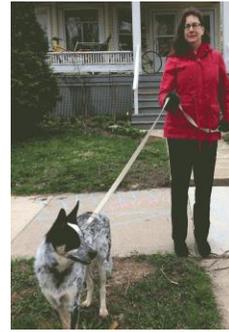
**A proposal** to revise our Covenant of Right Relations, and

**A resolution** from our Sanctuary Taskforce that will guide us in how we can best help immigrant families targeted for deportation in our own local community.

Finally we will be honoring all of our member-volunteers and one or more special members with our Art Hackett "Above and Beyond" award.

In addition to all of that, we'll be taking a congregational photo, so come wearing your brightest smiles!

Charlie McNulty, Board President



## Music Matters

**Stop the music?** Go for a walk in the rain, or a drive and **listen** to the hum of the windshield wipers. Go for a roll in the grass. If you come up with nothing but mud this month, then by all means, make mud pies. **Move** your body. Breathe. Find your inner puppy. Find your body, right now on the spinning planet. I believe that being in the present moment, **embodiment**, this month's theme, does not always just mean "being." While sometimes it is as simple as that, sometimes it isn't. I believe it is also an invitation to hear the true self. **Make time to hear yourself out!** I know, I know, it can be a proverbial weed-patch in there, but return to the root. Hear all of this as my **invitation, calling** to you, your community calling to you.

This month we continue "**Building a New Way,**" each voice blending to be the "**One**" voice. There will be excellent music to look forward to. Becca Everett, Sarah Hallas, and Molly Mitchell will begin with a piece by the Wailin' Jenny's.

*"At times, we all need to have someone else  
express our thoughts and feelings, as the  
words will not come, or once they do come,  
we cannot speak them"*

[www.thewailinjennys.com](http://www.thewailinjennys.com)

Vocalists Catherine Stephens and Amanda Werhane will present "Morning," poetry of Emily Dickinson set to music by Janet Gardner, as well as a **soulful** duet, "Be Thou My Vision." Later in the month we will open the day with a choral arrangement of "Morning Has Broken" and ride the "Blue Boat Home" with harmonies and harp accompaniment by Rachel Avery.

I invite you to learn a new song that is **striking** chords amidst UU'ers right now, called "**I Need You to Survive**" by David Frazier.

Check it out at:

<https://www.youtube.com/watch?v=HNIZDfpCqjs>

Let me share with you here, my favorites from this month's **Soul Matters**.

**“Write a love letter to your body**, offering both gratitude and forgiveness or instead of using words offer it in food, in warmth, in touch...”



*Deep Breaths are like little love notes to your body.* – Anon

Courtney Martin asks:

What question has embodied you, whether you liked it or not? **What is the question** that you asked as a little kid and have never stopped asking?



**God Made Mud** - Kurt Vonnegut, Jr.

God made mud.

God got lonesome.

So God said to some of the mud, “  
Sit up!”

“See all I've made,” said God, “  
the hills, the sea, the sky, the stars.”

And I was some of the mud that got to sit up and  
look around.

Lucky me, lucky mud.

I, mud, sat up and saw what a nice job God had  
done.

Nice going, God.

Nobody but you could have done it,  
God! I certainly couldn't have.

I feel very unimportant compared to You.

The only way I can feel the least bit important is to  
think of all the mud that didn't even get to sit up and  
look around.

I got so much, and most mud got so little.

Thank you for the honor!

Now mud lies down again and goes to sleep.

What memories for mud to have!

What interesting other kinds of sitting-up mud I  
met!

I loved everything I saw!

Good night.

**“What if God Was One of Us?” Joan Osborne**  
<https://www.youtube.com/watch?v=7Gx1Pv02w3Q>



Heather Yonker, Music Director

## Justice at JRUUC

### **Town Hall Meetings on the New Sanctuary Movement**

The James Reeb Sanctuary Task Force is organizing three town hall meetings about the New Sanctuary Movement to defend immigrant rights and stop immigrant families from being torn apart under the Republican administration's plans to expand mass deportations. These meetings are being offered to provide context for a proposed agenda item for our May 21<sup>st</sup> Annual Congregational Meeting on what role JRUUC should play in the New Sanctuary Movement.

Speakers at the meetings will include Christine Neumann-Ortiz, Executive Director of Voces de la Frontera (Voices from the Border); Nayeli Rondin, Coordinator for the New Sanctuary Movement in Milwaukee; Rabbi Bonnie Margulis, President of Wisconsin Faith Voices for Justice; immigration attorney Matt Gillhouse, and other immigrant rights activists. There will be ample time for questions from congregation members.

Choose among three dates to attend the Town Hall Meetings:

- **Wednesday, May 3<sup>rd</sup>, 6:30 to 8 pm**
- **Wednesday, May 10<sup>th</sup>, 6:30 to 8 pm**
- **Sunday, May 14<sup>th</sup>, 12 noon to 1:30 pm.**  
A light lunch will be offered at about 11:30 for those attending this session after the Sunday service.

For more information contact Jeanne Lydon, Sanctuary Task Force Chair, at [jeanne\\_lydon@yahoo.com](mailto:jeanne_lydon@yahoo.com)



## Updates from MOSES

JRUUC is a congregational member of MOSES (<http://mosesmadison.org>) – an interfaith coalition working to increase justice in our state as part of WISDOM (<http://wisdomwisconsin.org/>).

**Mass Incarceration and Sentencing Policy in Wisconsin: Explaining and Addressing Over-Imprisonment**, Wednesday, May 3<sup>rd</sup>, 6:30-8:30 pm at the Red Gym, 716 Langdon St.

Speakers include Professor Michael O’Hear, UW-Milwaukee; Professor Cecilia Klingele, UW-Madison Law School; and Talib Akbar, Vice-President of MOSES and a former prisoner

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

This month, our meeting will be Monday, May 8<sup>th</sup>. All are welcome to participate. Questions? Email Barb at [bwhitney@chi-squared.org](mailto:bwhitney@chi-squared.org).

## Sustainable Saturday Night The 4<sup>th</sup> Saturday each month January through November May 27<sup>th</sup>

Potluck at 6 pm; Program begins at 7  
Childcare is provided! For details, contact  
Tim Cordon at 608-630-3633



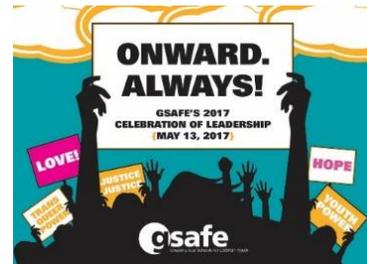
## Save the dates for Community Action Coalition Farmers Market Collection

June 17<sup>th</sup>, July 22<sup>nd</sup>, and October 14<sup>th</sup> (Noon-1:30).

Sign up here:

<https://doodle.com/poll/ndqhbvqpzaa9wrnu>

Questions? Jocie Luglio [jocie.jruuc@gmail.com](mailto:jocie.jruuc@gmail.com)



## Help us Celebrate Student and Adult leaders Saturday, May 13<sup>th</sup>!

GSAFE, whose mission is to create just schools for LGBTQ+ youth in Wisconsin, is hosting an awards dinner. We would like to put together a table of JRUUC members and friends! This is a fundraiser as well so the recommended ticket cost is \$75, though there is a sliding scale if this is a barrier for anyone. Social hour and silent auction begins at 5 pm. The dinner and program begin at 6. Find more information on their website:

<https://www.gsafewi.org/celebration-of-leadership-2017/>. Please contact Barbara Whitney if you are interested or have any questions: [bwhitney@chi-squared.org](mailto:bwhitney@chi-squared.org).



## Stewardship Stirrings

### Thank you corner: Money Matters

This month, the Stewardship Team would like to highlight the work of the **Finance Committee and the Operating Budget Task Force**. The hardy number-crunchers of the Finance Committee track the financial affairs of the congregation; they review financial practices, ensure payments are made on time, and report to the Board. They are Elizabeth Barrett (office administrator), Jeanne Lydon, Derek Peterson, and Marla McFadden.

The Operating Budget Task Force helps our dreams become real by shaping a document (the operating budget) that reflects how our treasure (pledges and donations) might support our sense of mission and purpose.

## Operating Budget Task Force

Rev. Karen  
Charlie McNulty  
Colleen O'Hara  
Derek Peterson

We are grateful for these volunteers who help make our various programs run smoothly and contribute to the life of our congregation by donating their time and talent.

## Transforming Lives & Communities

Annual Budget Drive 2017-18

We are wrapping up the details of the Annual Budget Drive. Our goal every year is to have 100% returned Financial Commitment Forms. Thank you to this year's Stewardship Ambassadors, members of the Board of Trustees and the Stewardship Team, for making the follow-up phone calls.

Soon the Operating Budget Task Force will prepare the budget that will be presented at our Congregational Meeting in May. The Financial Commitment Forms provide the foundation for our 2017-18 Budget.

Our Open House Celebration Sunday on 4/2 was filled with community, yummy food, and celebration. Thank you everyone who helped with food, set-up, and clean-up. A special thank you to Cindy Rudd who provided stability and guidance in the kitchen.

## Transformation Video Challenge Continues until the end of May

"How has being involved with James Reeb Transformed you?"

Individuals and groups are challenged. Multiples entries are encouraged. Creativity is a bonus. There are two choices with your videos. Send your videos to Kim or send an email to Kim Reain to get the instructions on how to upload your video to the YouTube Channel. #JRUUCtransformed

Here is the JRUUC's Transformed Channel on YouTube:

[https://www.youtube.com/channel/UCKN\\_lI3BDAPc01KMTAJPEEq](https://www.youtube.com/channel/UCKN_lI3BDAPc01KMTAJPEEq)

The Annual Budget Drive is just one part of our year round fundraising. We are always looking for ways to vary our discussions and our techniques. Stewardship is ministry and therefore part of our daily congregational life. **If you are feeling transformed, inspired, or curious and would like to participate in the ABD or even chair the ABD, please contact Kim Reain, kim@reain.net.**



## From the Office

**“When was the last time you listened to your body? What is your body saying right now?”**

This is our check-in question for this month. I actually listen to my body regularly to monitor what it needs, from the basics of food, water, and sleep, to a walk, a stretch, sunshine, a hug, dark chocolate, a Sumatriptan – you get the idea. It was my mother who first told me to listen to my body, reinforced by a television doctor when I was a child, as well as real-life doctors, nurses, and UU ministers. ☺

See, Dr. Baker from *Little House on the Prairie* treated a patient with abdominal pain who subsequently was “healed” by a traveling evangelical minister. Soon after, the patient almost died due to his appendix rupturing. Dr. Baker said that taking away someone’s pain is dangerous because physical pain’s purpose is to inform us that something is wrong; and we need to pay attention.

After my husband’s heart attack, I asked Sam how often he’d been told to listen to his body. He said, “Never.” He was raised by a stoic father who taught him to ignore his body. We once had a long discussion of what a “hunger pang” is. Sam thought this term was just an expression, that no one really felt physical pain if lunch was a bit late.

If you have been taught to ignore your body’s needs, I invite you to lie down somewhere comfortable, take some belly breaths, and scan yourself. I recommend beginning with your feet.

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

**UU World April 21, 2017 by Elaine McArdle**

**The Rev. Sofía Betancourt, the Rev. William G. Sinkford, and Leon Spencer**, the three interim co-presidents of the Unitarian Universalist Association, say they are moving quickly on a plan for addressing systemic racism and white supremacy within the association that will guide the next UUA president, who will be elected June 24.

“The first goal that I think all three of us share is we want to find ways to treat this period as an opportunity rather than as a series of problems,” said the Rev. William G. Sinkford, one of the three co-presidents appointed by the Board of Trustees on April 10. “And that means we will be attempting both to respond to this very sad situation but also begin putting in place conversations and processes to help Unitarian Universalism take its next step forward on issues of race and privilege.

“Sometimes it takes a shock to a system to get it unstuck, and if nothing else, we’ve gotten that shock,” Sinkford said, “and my commitment and the commitment of my co-president colleagues is not to miss the opportunity that this shock represents.”

The board appointed Sinkford, the Rev. Sofía Betancourt, and Leon Spencer as co-presidents after the unexpected resignation of UUA President Peter Morales on April 1. Morales resigned in the face of growing controversy over UUA hiring practices, which critics say systematically favor white ministers.

Although they are co-equals with overlapping duties, Sinkford will take on the role of president as outlined in the UUA Bylaws, including leading the UUA staff. Betancourt will lead the Commission for Institutional Change as outlined in the board’s Interim Presidency Transition Plan. Spencer will take the lead on constituent outreach, focusing on people who have been involved in or affected by UU antiracism work. Each of them is also providing pastoral support to the UUA staff, especially to staff people of color and the Leadership Council. (Spencer and *UU World* exchanged several phone messages but were unable to connect before deadline for this article.)

The board appointed the three by consensus, said UUA Moderator Jim Key. He called the co-president model “a different leadership model than

we’ve ever seen, that I think appropriately challenges the Eurocentric, New England town hall structure of a board chair, president, et cetera. And it’s been liberating, frankly.” The board developed its transition plan first—which includes the call for a racism audit and creation of the Commission for Institutional Change—before deciding on the three-person team, Key said.

“While we know, come June, we’ll have an elected president, during this period we wanted to model shared leadership that frankly was different from the dominant culture and the power mapping and still be consistent with our bylaws,” Key said.

It is unclear yet how much the transition team and plan will cost, according to both Key and Tim Brennan, the UUA’s treasurer and chief financial officer. The salary the UUA would have paid to Morales in the last three months of his presidency will instead go toward compensating the three co-presidents, Key said. Brennan said there are also some contingency funds in the budget that could be directed toward some of the costs of the team and the transition plan.

In this week’s board meeting in Boston, April 21–23, the co-presidents will flesh out the transition plan with the trustees, Key and others said. To keep the focus on the plan and related issues, the board will postpone its global monitoring reports for this meeting, said the Rev. Sarah Lammert, who stepped in as interim chief operating officer on April 20, after the resignation of the Rev. Harlan Limpert. (See the agenda and reports prepared for the April board meeting, which will be broadcast live.)

The co-presidents have about ten weeks to begin the racism audit and form the commission before the General Assembly elects a new UUA president in New Orleans. While they begin their work, the co-presidents and the board will keep the three candidates for UUA President—the Rev. Susan Frederick-Gray, the Rev. Alison Miller, and the Rev. Jeanne Pupke—informed, said Key.

The board’s transition plan calls for a racism audit to examine the operation of white privilege within Unitarian Universalism. The plan also calls for the creation of the commission, which has several charges, including to make concrete progress toward expanding the number of people of color serving as religious professionals within Unitarian Universalism, with “a particular and measurable

emphasis on senior staff positions” at the UUA. The commission will also analyze patterns and structures “that foster racism, oppression, and white supremacy,” and provide the incoming president with guidelines to help guarantee that antiracist efforts will be central to the work of her administration. The board will require quarterly progress reports from the administration.

“It feels like an opportunity to re-center ourselves, to look at our core values, and to take a hard look at the difference between who we most want to be in the world and how we are acting on our values,” said Betancourt. “What I love about that language [of the charge to the interim co-presidents] is that it is hope-centered” and focuses “on how we are re-centering the good work we do in our association on our core values as UUs.”

The conversations among the co-presidents and others have only just begun, she noted. “So while I can’t give details yet on what shape the commission will take, we take the mandate of the board very seriously,” she said. “Ten weeks is not a lot of time but we have this moment where we can offer our next elected president some real tools for work I hope will be central for the next six years.” (UUA presidents serve six-year terms.)

Betancourt emphasized that while the work of addressing systemic racism is a focus right now, the association will continue with its other important work including in other areas of social justice. “I have a lot of faith in who we are as UUs,” Betancourt said. “That doesn’t mean we are perfect but just as we teach in any anti-oppression training, there’s no expectation of perfection. For me, the expectation lies in what we do in our relationships with each other after something has gone wrong. It is how we give and receive feedback, and how we respond even when it’s hard, that allow us to come back to who we most want to be.”

“For me, the movement toward a multicultural and antiracist future for our faith has been a long time in process, decades,” said Sinkford, “so to imagine we’ll get to reach the promised land in ten weeks would be idiocy. But the sad circumstances of recent days and weeks point to the need for us to gather ourselves so we can take the next step,” which means “we need to address systems of privilege, not individual attitudes. And there’s a blessing in that because systems can be changed.”



**James Reeb Unitarian  
Universalist Congregation  
2146 E. Johnson Street  
Madison WI 53704  
[www.jruuc.org](http://www.jruuc.org)**

**Rev. Karen Quinlan**, Minister  
(219) 221-3371 [revkaren@jruuc.org](mailto:revkaren@jruuc.org)  
**Elizabeth Barrett**, Office Administrator  
(608) 242-8887 [office@jruuc.org](mailto:office@jruuc.org)  
**Alice Mandt**, Director of Religious  
Education (608) 698-4636 [re@jruuc.org](mailto:re@jruuc.org)  
**Heather Yonker**, Director of Music  
(608) 628-3406 [music@jruuc.org](mailto:music@jruuc.org)  
**Charlie McNulty**, President  
(608) 334-6060 [charlie@kznf.com](mailto:charlie@kznf.com)  
**Colleen O’Hara**, President-elect  
(608) 332-4478 [ohara1945@gmail.com](mailto:ohara1945@gmail.com)  
**Jan Gordon**, Secretary (608) 209-0263  
[janreads2@gmail.com](mailto:janreads2@gmail.com)  
**Jeanne Lydon**, Treasurer  
(608) 957-9320  
[jeanne\\_lydon@yahoo.com](mailto:jeanne_lydon@yahoo.com)

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