

EAST BREEZE



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

Volume 27, Number 9 — September 2018

September theme: **What does it mean to be a people of vision?**

“The soul never thinks without a picture.” – Aristotle

Connections

My friends, it is good to be back among you! While I need summer breaks from church work to refresh and rejuvenate, returning always offers rejuvenation of its own. And getting to reflect on what it means to be a people of vision this month will be especially rejuvenating! I hear so much in our conversations about your vision of a better world – one in which we hold more compassion and create less divisiveness. I was blown away by your ability to form and uphold your commitment to peace and justice beyond the congregation when we went through the search process that brought me here, and I am continually inspired by that commitment.

At the same time, we’re also here to take care of each other, because while we’re doing this work, we’re also facing the truths of our own health issues, our own aging, our own losses, and we get tired. My vision for my ministry with you is to keep widening my ability to hold all of those realities – to celebrate with you the amazing things that happen in your lives, to offer companionship when the hard things happen, and to work together to build the world we dream about.

One way I’m reflecting on vision is in looking ahead to what this year might hold for us. I’m looking forward to conversations about who we are collectively as we discuss our mission statement. I’m looking forward to living into our vision of being a sanctuary host site. I’m looking forward to continuing to practice deep listening in our Covenant Groups, and to some new adult RE possibilities. And I’m looking forward to seeing how our relationships deepen as we move into our fifth year of ministry together!

In faith and love, Karen

10 AM Sunday Services

9/2 “Remaining Human in the Days of Miracle and Wonder”

The Rev. Scott Gerard Prinster

Our lives are ever more filled with technologies promising to make our days easier, safer, more comfortable, and pleasurable. As we embrace smartphones, Google Maps, security cameras, and social media, we also accept their often unacknowledged drawbacks in the erosion of privacy, freedom, attention, and intimacy. Are we, as critics claim, raising new generations of people lacking in the qualities most basic to our humanity and our civilization? And if this threat is real, how can we defend the values endangered by this electronic progress?

9/9 “Water Is Life”

The Rev. Karen Armina

Please bring a small vial of water that symbolizes something special to you – perhaps a summer travel, perhaps a taste of home, perhaps a metaphor for something important in your life. We’ll combine our waters in a ritual of ingathering, and reflect on the many aspects of water in our lives and our community. This service will be multigenerational.

9/16 “Guidance from Beyond or Within”

The Rev. Karen Armina

Unitarian Universalists have a tendency to trust the wisdom gained from our own experiences over that which might be gained from texts or creeds. This morning, we’ll explore a theological journey of

our faith tradition, including exegesis, mysticism, and transcendentalism.

9/23 “What Are We Here For? Join the Conversation!”

The Rev. Karen Armina

It has been said that the purpose of a congregation, and of its minister, is to serve its mission. For that to work, we need to be able to state and understand our mission. This morning, we’ll start the process of deciding whether our mission statement reflects who we are and why we’re here.

9/30 “Board Vision”

JRUUC Board of Trustees

Members of our Board of Trustees will share the goals the Board has set for themselves this year, and offer some reflections on those goals and how they were chosen.

Check-in question: What do you picture when you think of our congregation (or your committee/ team/ group) at its best?



Minister’s Office Hours in September

Rev. Karen is in the office Thursdays from 10:30 am until 2:30 pm.

She can also be found at Café Brittoli (formerly Café Zoma) Tuesdays from 1 until 3 pm. Café Brittoli is at 2326 Atwood Ave.

And she’s more than happy to meet with you for a cup of coffee/tea or a walk at any other mutually agreed-upon time – just call to set it up!

Pastoral Care: When to Call the Minister

I want to take the opportunity of our coming back together in September to invite you to call on me when you need someone to walk with you through something in your life.

You might say, “Rev. Karen seems really busy, and I’m not sure if I should bother her with this.” I wondered how to articulate all of the possibilities, and learned that the Rev. Dr. Peter Lee Scott has provided many generations of ministers with the starting point in answering this question. So I adapted his ideas. Here’s when you should call your minister:

- When you don’t know me, but would like to
- When your child doesn’t know me, but would like to or you would like them to
- When your family doesn’t know me, but would like to
- When you’re going into the hospital or someone else in the congregation is
- When someone close to you has died or is critically ill
- When you have suggestions for a sermon, or about the worship service
- When you’d just like to visit or know someone else who’d like to
- When you’d like share your gifts in our shared ministry of programming, committee work, or Religious Exploration
- When you are looking for a way to deepen your spiritual life
- When your children have questions of faith and you would like me to visit with them
- When you have religious or spiritual questions
- When you are celebrating one of life’s joys and want to share the good news
- When your child has joys and accomplishments to share with their minister
- When you or someone in your family are feeling sad or lonely, or lost
- When you have lost your job, found a new job, been promoted or demoted
- When you or a family member is ill

- When you would like to make plans for a memorial service; when you would like to make plans for your own memorial service
- When you are planning to be married; when you are challenged by the demands of marriage; when you are separated or thinking of getting a divorce
- When you are pregnant and glad you are or wish you weren't, also if you want to be pregnant but aren't
- When you would like your child dedicated
- When you feel ready to join the congregation
- When you want to share your experience of or appreciation for our beloved community; when you have concerns about the church or our faith community.
- When you have a good story to share
- When you want a listening ear
- When you're not sure you should call me, but think you might like to talk



President's Column

Happy New Year! September always feels like more of a new beginning than January. If you are new to James Reeb Unitarian Universalist Congregation, Welcome! Maybe you have taken a break from our Sunday services or church life...Welcome Back! Maybe you have exhausted yourself taking on extra JRUC responsibilities recently. Trust in the abundance of others and ask for help. We support each other.

Now is also a great time to get involved. Join the choir, become a greeter, come to a "Many Hands" workday to paint or organize, sign up for a Covenant Group for deep sharing, find out about the endowment committee or nominating committee, help out in children's religious education (RE) classes, share your computer skills with website updating, lead the library team, pick up some RE snacks when you grocery shop, ask about the caring tree, come to a committee meeting just to see what "church work" looks like, or simply talk to someone new after service.

With great gratitude I would like to announce that Bev Buhr has accepted the nomination for the role of president-elect of the BOT (Board of Trustees)! We will be having a brief congregational meeting after service September 9 to likely elect her to this position.

This month the BOT has our retreat to get to know each other at a deeper level, delve into how our church organization is structured, revisit past board visions, solidify our goals for the year, delegate responsibilities, and continue our work of combating white supremacy culture in our board work, organization and world. Perhaps you didn't realize that the BOT is actually a superhero collective!

Peace,
Jocie Luglio, President of the BOT

Worship Associate Orientation/ Re-Orientation

Are you interested in working with Rev. Karen and the Worship Team? Worship Associates may help plan Sunday services, or assist by adding their presence to the worship space.

We're planning two orientation sessions for Worship Associates this fall:

Saturday, September 15, 9 – 11 am

Wednesday, September 26, 6 – 8 pm

There will be lots of new information in these sessions, so new and returning Worship Associates are both encouraged to attend. Please let Rev. Karen know which session you plan to attend.



Wednesday Vespers Services begin in October

Join Rev. Karen for a monthly evening reflection service on the first Wednesday at 7 pm, **starting in October.**



Salad Luncheon Fundraiser Sunday, September 9 after the worship service

Please join members and friends of the congregation for good food & conversation.

If you're interested in providing salads, bread, fruit, etc., please contact Cindy Rudd, clrudd47@gmail.com or 469-5269.

Suggested donation is \$6/adult, \$3 for kids.

This event is coordinated by the FUNd Raising Committee.



Special Congregational Meeting Sunday, September 9

The JRUUC Board of Trustees (BOT) has called a special congregational meeting to be held immediately following our Water Communion service September 9. The purpose of this meeting is to hold an election for our currently vacant President-Elect BOT position. Bev Buhr, longtime JRUUC member, is interested in serving in this role. As this is an elected position, a congregational meeting with quorum is required. To vote, JRUUC members must be present at the meeting and have signed the membership book at least 30 days prior to the congregational meeting. **Please plan to join the BOT for this short meeting!**



Quinn Reain and Larry Orr made a fantastic work team!

25 Years: the story continues...

[Summer was much busier than expected and I'm sorry to have missed sharing a 25th newsletter article in August. We're back on track now! Colleen]

2008-09: The "REEB-modeling" was a lot of fun *and* work!

This month, we hope you will enjoy exploring photo boards of the reconstruction as we used sledgehammers, crowbars, strong backs and willing hands to transform our space. You'll see many familiar faces, lots of smiles, and busy Saturday volunteers hard at work. They greatly appreciated the delicious lunch breaks provided by members. Everyone found opportunities to pitch in and help.

Because the photo boards are a bit large for the glass case, you'll find them in the foyer.

If you have photos of our community to share please contact Colleen O'Hara: ohara1945@gmail.com. To read more of our history or view the timeline visit <https://www.jruuc.org/about-us/history-jruuc/>.

*Celebrating 25 years of nurturing spirit,
working for justice, and building community.*



Mission Statement Musings

In last month's "Musings," we offered some words from UU minister and church consultant Robert Latham on the importance of having a mission statement: "A congregation without a clear and concise mission-covenant statement is like the proverbial ship without a rudder, its destiny will be chosen by the sea and wind of its environment. Conversely, a congregation with a clear and concise mission-covenant statement has that guiding rudder that empowers it to use the sea and wind of its environment to move toward a chosen destiny."

And we wrote about how your Board of Trustees believes it's time to revisit our congregation's mission statement. We believe the process of creating a new mission statement will help us learn to articulate why this congregation exists, discern how we might act collectively, and generate some inspiration and enthusiasm.

We hope you're thinking about the questions we posed last month:

- Do you agree it's time to revisit our mission statement?
- Do you think the mission statement reflects why JRUUC exists?
- Does our mission statement keep JRUUC centered during times of change, crisis or transition?
- How does our mission statement inspire and motivate our ministry?

What's next? At the September 23 worship service, Rev. Karen will reflect on the importance of having a mission statement that expresses who we are and why we exist as a congregation. And at the Saturday, October 20 congregational workshop, we'll decide collectively if our current mission statement needs to be revised to do that. If we believe it does, we'll then begin the exciting process of creating a new mission statement, based on **your** reflections and aspirations for our congregation.

At the workshop, once everyone's reflections have been heard and written down, a Refining Team will be created from attendees who volunteer that day. The Refining Team will draft a new mission statement from the information gathered at the workshop. That draft statement will then be offered for revisions in small group meetings. Then the Refining Team will use the feedback gathered at those meetings to further refine the draft statement for another review. This process of collecting feedback and refining the statement will continue throughout the year, with the goal of having a congregational vote to accept the new mission statement at our annual meeting in May 2019.

So please, come to worship service September 23, and come to the October 20 workshop with your reflections and aspirations. **We need you – the more Reebers involved in this process, the more our mission statement will represent the whole congregation!**

Article submitted by Rev. Karen, Beth Esser, Sarah Hallas, and Jean Skinner



Financial Update

July 2018

Income	\$16,111
Expenses	\$14,856

We started our new financial year (in July) on a good note: our income, was \$16,111 and expenses were \$14,856, resulting in a gain of \$1255. However, I still cannot tell you the deficit for 20017/2018 because there are some expenses from credit card purchases at the General Assembly that have not been submitted yet, as I noted last month. We should face deficit squarely. Our deficit as estimated last month was at least \$3,313, with the statement that more expenses would surely follow. I will keep you posted on the actual amount.

John Mathis, Treasurer

Membership Events

Thursday, September 13, 6 – 8 pm Greeter Orientation or Re-Orientation

in the Multi-Purpose Room

Would you like to join a friendly team of greeters? If yes, join us Thursday the 13th. If you're currently on a team, this event is for you too. Greeting is a one-Sunday-a-month commitment that is as rewarding as it is important. Welcoming all who enter our doors is our goal!

Sunday, September 16, immediately after service -- the first of our monthly "Meet 'n Greets" with Rev. Karen

This is an opportunity for visitors, friends, and members new and old to get better acquainted, ask the questions you've always wanted to ask, and make new connections. The other meet 'n greets are: October 14, November 11, and December TBA.

October 6-7, Saturday afternoon until Sunday morning -- James Reeb Annual Camp-Out

at Lake Farms Park Group Camp Site. It's great FUN and you can bring the whole family, even friends. Don't want to camp-out? That's OK, too. Come for a hike with friends in the afternoon, or join in our potluck supper and/or a campfire under the stars. Lake Farms Park is just outside of Madison so you can come for all or part of this weekend. Look for our sign-up sheet in the foyer at Reeb.

Saturday, October 27, 9 am – 1 pm Exploring Membership Class (includes lunch)

If you've been thinking about joining our congregation, this is the day for you! Rev. Karen, Membership Committee members, and Congregational Leaders will engage you in some deeper thinking about your spiritual path and provide information on what it means to be a member to help you in your discernment process.

If you have questions about any of these events, talk to one of us on the Membership Committee: Peggy Haack, chair; Sarah Elmore; Kirsten Johnson; Kelly Kearns; or Mary Wagner

Wanted: JRUUC Stories for Fall

We're now scheduling the final dozen JRUUC Stories for September 9 through November 25 to celebrate and remember JRUUC's first quarter century. Texts of these one-minute (100-150-words) memories or anecdotes go into a permanent archive. We're especially (but not exclusively!) looking for stories in areas not yet touched on, such as:

- RE and youth (Do any youth have a story to share?)
- Social action/justice/service, men's shelter, PJS, Sustainable Saturdays
- Greeters, hospitality, potlucks, fundraisers, Reeb Rave
- Interim ministers Roberta Haskin and Marlene Walker
- Board, governance

Email Sarah Cook at sarah_cook@tds.net or catch her at JRUUC.



Children's Religious Education

Sunday RE begins September 23

Children's religious education classes will be grouped the same as last year into Nursery, Grade PK-1, Grade 2-5, and Grade 6+. Registration forms are available in the foyer.

OWL: Our Whole Lives

We are happy to be offering Our Whole Lives Lifespan Sexuality Education to youth in grades 7-9. If you haven't yet heard from Alice Mandt, Director of Religious Education, or Virginia Harrison and would like to receive information about OWL classes, please contact Virginia at harrisonvirginia@rocketmail.com or Alice Mandt at re@jruuc.org.

RE Teachers & Assistants Needed

If you are interested in helping out in a classroom this year, let us know! We will be holding a teacher/assistant training later in the month and would love to have you join us. For more information, contact Alice at re@jruuc.org.

Adult Learning and Reflecting

This year's **Covenant Groups** will begin meeting in October! We hope to form several year-long groups; please pick up a brochure and sign up on the sheets on the Religious Exploration table in the Foyer. There will also be an opportunity to form a short-term group that will follow the Membership Committee's "Exploring Membership" classes; this group will be for people new to JRUUC, and others who want to learn more about Unitarian Universalism and their connection to it. See Rev. Karen for more information.

This year's Adult RE programming will focus on several books chosen by our

Unitarian Universalist Association as representing vital and current topics in our faith tradition:

1. ***Justice on Earth: People of Faith Working at the Intersections of Race, Class, and Environment*** edited by Manish Mishra-Marzetti and Jennifer Nordstrom:
<https://www.uuabookstore.org/Justice-on-Earth-P18357.aspx>
2. ***Centering: Navigating Race, Authenticity, and Power in Ministry*** edited by Mitra Rahnema:
<https://www.uuabookstore.org/Centering-P18206.aspx>
3. ***Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want*** by Frances Moore Lappe and Adam Eichen:
<https://www.uuabookstore.org/Daring-Democracy-P18213.aspx>

We'll begin with three sessions on ***Justice on Earth***, starting in October. There will be a group order placed for the books, which will cost \$14.40

each if we order 10 or more, or \$16.20 each if we order 5 to 9. Please sign up on the sheets on the Religious Exploration table in the Foyer. And please let Rev. Karen know if you're interested in facilitating a session.

Justice at JRUUC

Please note that Sustainable Saturday Night is cancelled for September.

SINGING WITH LOVE



Benefit Concert*
September 23
7- 9 pm in the
Reeb Sanctuary

Featuring

- ★ Ritt Dietz
- ★ Ken Lonquist
- ★ Jonathan Zarov
- ★ Eastside Acoustic Ensemble
- ★ And More

*To help renovate our building to become a Sanctuary Hosting Site!

Contact Pete Haney to learn more:
phaneyster@gmail.com

The Peace, Justice, & Sustainability Group (PJS)

Join the Peace, Justice, and Sustainability Group for our meeting Thursday, September 6 from 5:30 – 7 pm at JRUUC. Please note that the regularly scheduled meeting (on the second Monday of the month) is cancelled. Please contact Beth Esser, beth_esser@hotmail.com, 608-239-1353 with any questions.

Social Justice News from General Assembly

At the 2018 General Assembly in Kansas City, our delegates voted to focus to approve one Congregational Study Action Item (CSAI) and three Actions of Immediate Witness (AIW).

A CSAI is a topic that congregations are invited to reflect on and deepen their understanding of, including developing a response, over the course of three years. The CSAI that was chosen for 2018-2022 is Undoing Intersectional White Supremacy: <https://www.uua.org/action/process/csais/undoing-intersectional-white-supremacy/2018-2022-csai-undoing-intersectional>

An AIW is an area in which congregations are invited to focus their social justice work over the course of the year, in whatever way is appropriate for their community. The 2018-2019 AIWs are:

- Dismantle Predatory Medical Care Practices in Prison and End Prisons for Profit: <https://www.uua.org/action/statements/dismantle-predatory-medical-care-practices-prisons-and-end-prisons-profit>
- We Are All Related: Solidarity Now with Indigenous Water Protectors: <https://www.uua.org/action/statements/we-are-all-related-solidarity-now-indigenous-water-protectors>
- End Family Separation and Detention of Asylum Seekers and Abolish ICE: <https://www.uua.org/action/statements/end-family-separation-and-detention-asylum-seekers-and-abolish-ice>

Many Hands Work Day Saturday, September 22

9 am - 1 pm

Come help maintain your building! The JRUUC building belongs to its members, and any repairs and maintenance need to be done by us. It would be great if everyone could come to at least one work day each year. Our next Many Hands Work Day will be Sept. 22. We have painting to finish outdoors, cleaning indoors, getting the pre-K classroom ready and other tasks. Questions? Contact Kelly at kearns@UWalumni.com



Save the Date:

November 10 with Chris Crass!

Groundwork and Rev. Karen have begun collaboration to bring national anti-racist organizer, Chris Crass, to Madison to help sponsor an event that will build up local capacity for anti-racist/racial justice work, with a focus on developing white people's resilience and abilities for this work.

Chris Crass is a UU father, organizer, educator, and national speaker **who has worked extensively with various faith communities**. His work is dedicated to bringing powerful working-class-based feminist multi-racial movements for collective liberation. His talks and workshops focus on themes of anti-racism, social justice organizing, feminism for men, creating healthy activist culture, and spiritually grounded leadership for liberation. Chris will be offering a five-hour interactive workshop: **Courage for Racial Justice/ Courage for Collective Liberation** **Saturday, November 10 from 9 am – 2 pm** (lunch provided).



Administrator's Thoughts

Vision! I have a vision of a larger congregation here at JRUUC, as we become more and more well-known as the Sanctuary Church, the Justice Congregation, and the Welcoming Congregation. We've already grown in the past three years.

Yours in growing faith,
Elizabeth Barrett, Congregational Administrator



Vision: A New Season in Music Ministry at Reeb

What do you see coming in September? For me, it always brings excitement about fresh breezes and a fresh beginning to a new season of music. It's a time to imagine possibilities and an opportunity to grow in covenant. The UUMN conference provided me with a plethora of new music options suited to UU, in addition to rich content on tweaking my music ministry. It is an incredible event, sharing and performing with a room full of UU music directors and worship leaders. I am so grateful for the opportunity and inspiration.

Our choir has also been looking forward to reuniting in sound, mind and body. Rehearsals began August 23rd, at our regular time, Thursday nights at 6:45.

Please join us and sing your heart out! Send me a note: music@jruuc.org
You can expect some great music offerings on both September 2 and 9.

New vision can also invite reflection, a time to step back and check in on the state of our dreams and intentions. Here is the covenant the choir created toward the service of music:

To enhance worship, bringing something unique to the worship experience and theme;

To build community within, while providing service to the congregation;

To gain emotional and spiritual inspiration, fulfill our love for singing and to enjoy each other, as well as the cooperative effort of group singing;

We are each willing to promise:

To show up and be on time (and let the director know if we will not be coming)

To focus on singing and listening

To trust in our director, ourselves and the learning process

To be kind, encouraging, patient and respectful of our time and energy

To be welcoming of people with different skills and levels

To be accountable to the JRUUC covenant of Right Relations

To be flexible, and open to trying new things

To learn the music to the best of our ability

How are we doing?

Below are some Soul Matters links for your enjoyment:

"A Better Life" by Grace VanderWaal

<https://www.youtube.com/watch?v=IHNf5G-Ufy4>

Close your eyes

And create yourself a better life

Let the wind blow through your hair

Let the music take you there

And make a better life

A better life

"One Day (with No Woman No Cry mash up)" by Matisyahu

https://www.youtube.com/watch?v=188kmAtK_3E

"Better Way" by Ben Harper

<https://www.youtube.com/watch?v=XOZj1Xyx354>

Take your face out of your hands

And clear your eyes

You have a right to your dreams

And don't be denied

I believe in a better way

Word:

If we deny our happiness, resist our satisfaction, we lessen the importance of their deprivation.

We must risk delight... We must have the stubbornness to accept our gladness in the ruthless

furnace of this world. To make injustice the only measure of our attention is to praise the Devil.

If the locomotive of the Lord runs us down, we should give thanks that the end had magnitude.

We must admit there will be music despite everything. – **Jack Gilbert**

“The Opening of Eyes” by David Whyte

Full poem is here:

<https://cslcv.blogspot.com/2014/06/the-opening-of-eyes-by-david-whyte.html>

Life is no passing memory of what has been
nor the remaining pages in a great book
waiting to be read.

It is the opening of eyes long closed...

Too often, we let our vision slide. We cave in. We take the easier path. We relent under conflict over it. We are afraid. I have even noticed myself avoiding and fearful. Wait, what? How did that happen? I am not interested in keeping company with fear!

What about you? How do you see the season unfolding for yourself?

Heather Yonker, Music Director



Seminary Update from Carin Bringelson

Dear Reebers,

As members/friends of my Sponsoring Congregation, you might be interested in getting an update on how my seminary studies are going. I've completed one year at Meadville Lombard Theological School and am excited to start the next two years during which I'll be a Ministerial Intern at First Unitarian Society.

As some of you know, I spent this summer engaged in Clinical Pastoral Education (CPE) working as a full-time Chaplain Intern at UnityPoint-Meriter Hospital. During these long hours and full weeks of CPE, I not only met with patients in their hospital

rooms, but also reflected on my intentions and experiences with a small group of other full-time chaplains.

My small group of five chaplains included two Buddhists (Zen and Theravada), one Lutheran (ELCA), one Presbyterian (PC [USA]), and me (a Unitarian Universalist—*not* shortened to “Unitarian”—who grew up United Methodist). Together we considered our Enneagram numbers, learned about nonviolent communication, explored Karpman’s Drama Triangle, and pushed each other to think and feel more fully through gentle and respectful probing.

Along with six other part-time chaplains, we sought to meet the emotional and spiritual needs of any patient who requested our support. We also served the loved ones/families of those who were hospitalized and the professional staff members who were working diligently to facilitate physical healing. Even, at times, we took another step back and simply supported The Situation itself: when the circumstances proved medically complicated and hectic, the patient unresponsive, and the family not present, we offered our non-anxious presence along with prayers for comfort and health.

I also designed and led two short worship services this summer. While planning them, I came across a UU hymnal in the collection of religious resources. Looking inside the front cover, I was so pleased to see this dedication:

**This hymnal donated to Meriter Hospital
In gratitude for our CPE experience, 2002.**

**Arthur Thexton
Jody Whelden
Wendy Williams**

What an honor to be following in the footsteps of people I've known from being at Reeb! Thank you for your ongoing support, Reebers. If you need to reach me, feel free to email me at: cmbringe@gmail.com.

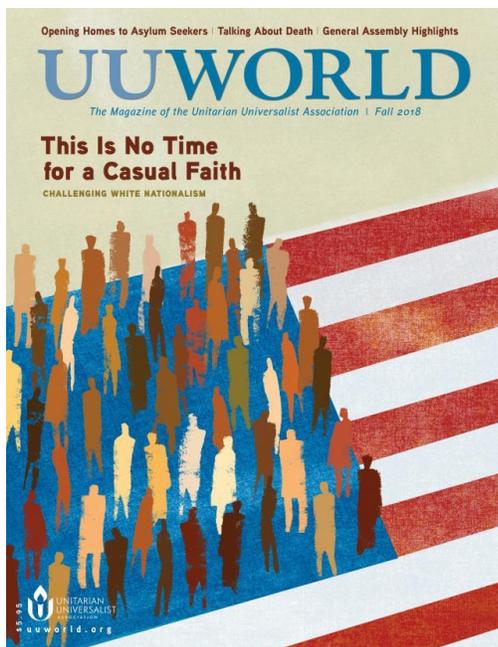


With gratitude,
Carin Bringelson



Scott Churchill and Okum

Scott Churchill, our cleaner, won a medal at the Special Olympics Wisconsin State Games! Scott is shown here with Okum, Direct Support Professional with REM WI. Congratulations!



Here is the Fall 2018 issue of *UU World*!
<https://www.uuworld.org/issues/fall-2018>

If you're a Reeb member but did not receive this magazine, please contact Elizabeth Barrett, Congregational Administrator.



Fear Can't Last Forever by Robin Tanner

August 29, 2018

“The best way out is always through.”
—Robert Frost

This is an in-the-middle story so it's for the best if you do not expect a resolution. There are so many resolved stories where the crisis passes and the triumph is clear. Sometimes we need a tale shouted from the whale belly of worry.

When the letter arrived from the state of New Jersey, it had all the markings of official news. We were informed that our two-week old infant was tested for a range of medical conditions while he was in the hospital: fifty-seven, to be exact. It was mandated by the state. “Oh yes,” I thought, “I do live in a state of regulations.”

And then came the line: “The test needs to be repeated.”

It was followed by all manner of assurances that nothing was necessarily wrong — but we should, the letter dictated, contact the hospital or our pediatrician immediately. I began catastrophizing. I even searched the internet for a list of the fifty-seven conditions. I did everything but call the pediatrician.

Seeing my fear-of-the-other-shoe-dropping syndrome, my spouse called the pediatrician, who informed us that the hospital did the test. In a Shakespeare-worthy plot twist, the hospital informed her that I had to be the one to call to schedule a repeat test.

And here we breathe anxiously two weeks later. I have yet to call the hospital. I'm not sure of the penalty for breaking this law, but I'm convinced it can be no worse than the potential news.

Read the rest of this reflection here:
<https://www.uua.org/braverwiser/fear-cant-last-forever>.

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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).
- ❖ Newsletter submissions may be emailed to office@jruuc.org. The ***deadline for submissions*** is the 20th of the month at 5 pm. Please limit articles to 200 words. Please be careful not to include sensitive information.
- ❖ Read *East Breeze* online at www.jruuc.org.

Religious Education (RE) & Childcare: Childcare & Children's RE are available most worship services.

***Karen Armina** takes Mondays off and reserves Fridays for sermon-writing.