

EAST BREEZE



Newsletter of the James Reeb Unitarian Universalist Congregation, Madison, Wisconsin
Volume 28, Number 4 — April 2019

April theme: What does it mean to be a people of wholeness?

"To be whole is to make manifest a unique face of God in the world." -- Mary Rose O'Reilly

Check-in question: In what space or place do you feel most whole? How often do you spend time there?

Connections

It's a very human urge to want to bring something back the way it once was, or the way we thought it was. Natural areas restoration, childhood dreams, political promises are all about this urge. The problems with that desire are that things were often not as we remember them, and that things change all the time. And so, seeking wholeness is less about returning our lives to their original state, or some idealized version of that state, and more about working with what remains to make something new. The shards are not pieces of a puzzle that need to be put perfectly back together, but building blocks waiting to be molded into a yet to be imagined form. So to be made whole again is to be reorganized, not restored.

My therapist calls this process "re-membering." As I put myself back together after the loss of my partner, I find that pieces of myself are no longer what they once were. My appetite has shifted a little from the foods I used to like. My body feels different after a time away from regular exercise. I tire, physically and emotionally, more easily. My heart responds to different triggers, as do my defenses. I behave a little differently with my friends.

I'm learning that re-membering isn't just about holding pictures of the past in my head; it's also about holding on to my core values. There's a reason for the saying, "I need to remember who I am." Indeed, this has long been the way Unitarian Universalists think about church. One of the reasons we come to church is that this is the place where we come to remember who we are. To re-member ourselves and each other. What do you need to contribute to that wholeness? And what do you offer?

In faith and love, Karen

10 AM Sunday Services

- 4/7 "Listening Our Thoughts into Being"**
Matt Finesilver, Pat Schneider, and Amanda Werhane
One of the purposes of Covenant Groups at JRUUC is to build relationships based on the practice of deep listening. This morning, several of our Covenant Group facilitators will reflect on their experiences in these groups.
- 4/14 "Wholeness: More than Unity"**
The Rev. Karen Armina
As we seek wholeness, we often seek to integrate parts that are quite unlike, in ways that are both apparent and hidden. This morning we'll explore how communities navigate the complicated work of seeing and honoring the differences between us.
- 4/21 "Returning to the Root"**
The Rev. Karen Armina
The practice of finding one's source, or root, is an integral part of the journey toward wholeness. This morning, in multi-generational community, we'll explore how both Easter Sunday and Earth Day are celebrations of this journey.
- 4/28 "Forming Non-Toxic Men"**
The Rev. Dr. Matthew Johnson
How can we reshape the meaning of masculinity -- for ourselves, for our children, and for our world -- so that we can have more peace, joy, and meaning?

What is the role of the church of our time in responding to and reflecting on what it means to "be a man"? This date is a pulpit exchange; Rev. Karen will be preaching in Rockford while Rev. Matthew is here with us.

The Rev. Dr. Matthew Johnson is the Senior Minister of the Unitarian Universalist Church, Rockford, IL. He is a third-generation Unitarian Universalist, a parent, runner, reader, activist, and lover of the fields, trees, and meadows. He's the author of *Newborn Bards: A Theology of Preaching for Unitarian Universalists*.



President's Column

At JRUUC we try to cultivate a culture of appreciation for everyone in our community. I would like to send out a huge thank you for everyone who participated in this year's budget drive. Thank you to the Stewardship Team and to the ABD coordinators. Thank you to the visiting stewards and the members and friends who were able to have stewardship conversations. Thank you to everyone who considered pledging, to those who are new or returning donors, and to everyone who was able to increase their pledge for the next church year, July 1, 2019 to June 30, 2020.

This month we are working on preparing a budget for 2019-20 to be voted on at our Annual Congregational Meeting Sunday, May 19. First, ministry teams, governance committees, and staff made budget requests based on their needs and their dreams. The Operating Budget Committee (OBC) met once in March and will meet twice in April to come up with a draft budget. The Operating Budget Committee is made up of our minister, our board president and president-elect, and representatives from stewardship and finance; this year that is Rev. Karen, myself, Bev Buhr, Brian McNurlen and Derek Peterson.

Our income projections will be based on pledges and non-pledge income including rentals, fundraising meals, rummage sale proceeds, Reeb Rave, Amazon Smile revenue, and plate donations. We hope to give raises to our staff, increase professional development funds, and fully fund our dreams. Making cuts is financially responsible but spiritually and emotionally difficult. The draft budget then goes to the board for further revisions if needed. The BOT votes to bring the proposed budget to the congregation for a final vote.



Wednesday Evening Vespers Service April 3 at 7 pm

Join Rev. Karen for a time of quiet reflection.

Minister's Availability in April

Rev. Karen is in the office at JRUUC Thursdays from 11:30 am until 3:30 pm. She can also be found at Café Brittoli (formerly Café Zoma) on Tuesdays between 1:30 and 3:30. 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!

Rev. Karen will be in St. Louis for Regional Assembly from April 4-7, and there will be no office hours on Thursday, April 4.

In April we are also having important conversations about our new congregational mission statement, and the future of religious education for children and youth. Thank you for participating in these crucial conversations! It is a busy time of year and I encourage you to show gratitude for one another as we do important work together. Everyone plays a role in our culture of appreciation.

Peace
-Jocie



Many Hands Coalition Workday Saturday, April 6, 9 am - 1 pm

Please join us for cleaning, organizing, maintenance work and fun.

All ages and abilities are welcome!

Come for some or the whole time.

Please contact Kelly if you have questions or projects that need to be done.

kearns@uwalumni.com or 608-345-7144

Rummage and Book Sale

Saturday, April 13, 8 am to 2 pm

It's Spring! And that means it's time for our Annual Rummage and Book Sale. With your help we will have another successful event.

We need your donations. We don't sell clothing, but we welcome all other household items -- kitchen items, linens, arts and crafts, sporting goods, collectibles, tools, toys, games, and books.

Bring your donations to James Reeb's nursery any time after the April 7 worship service, during office hours, or anytime the building is open. Contact Cindy Rudd for further information: 608-469-5269 or clrudd47@gmail.com.



Membership News

Joining Sunday will be April 14

Are you interested in becoming a member of JRUUC? Or did you recently sign the book? The next ceremony for new members will be Sunday, April 14 during the service.

Please contact Mary Wagner ahead of time at marycwagner@frontier.com.

Meet & Greet with Reverend Karen and a member of the Membership Team **April 21**, after service, in the sanctuary. Everyone welcome, but especially good for newer folks wanting to learn more about JRUUC.

Financial Update

	February 2019	Year to date
Income	\$12,321	\$135,953
Expenses	\$14,105	\$116,794

The fact that our monthly expenses exceeded our income reflects the irregularity of our income, especially pledges. We are showing income exceeding expenses for the year so far. Remember that a big reason for this is that we lack a paid Director of Religious Education to supervise an absolutely vital component of our congregational life. Instead, this work load has fallen much more than usual to Rev. Karen and some wonderful members.

With best wishes,
John Mathis



APRIL WHOLENESS

Returning to the Root

Wholly. Is that a word? There is something wholly holy certainly, in returning to the root. JRUUC choir will be presenting “Returning to the Root” by Guigen this month. The piece incorporates elements of Tai Chi Chuan and Qigong practices, into a choral setting by Joshua Rist. The Qigong “Six Healing Sounds” (a breathing technique) begin and end the work. The melodic text is part one of poem #16 from the 4th century B.C. Classical Chinese text, Tao Te Ching (Book of the Way of Virtue). This piece was commissioned by Dr. Adam Jonathon Con for the 2016 UUMN conference, in which I participated. Hopefully we can get the whole room breathing together!

We will also present another piece I discovered at conference, “Water is Life.” “Mni Wiconi” a song for Standing Rock. It includes a second Lakota phrase, Mitakuye Oyasin, “All My Relations.” This meaning extends beyond blood relatives, but rather everything that has a spirit, including the earth. It is written and arranged by Sara Thomsen.

Our hymn of the month is #27 “I Am a Great and Fiery Force!” with lyrics by the incredible Hildegard Von Bingen. Today we think of Hildegard as one of the first identifiable composers in the history of Western music (most medieval composers were “Anon”). But there were no mentions of her music in any reference book before 1979 and she barely warranted an entry in the 1990 edition of The New Grove Dictionary of Music.



Soul Matters Wholeness

Heather's Soul Matters picks

All of You Is Holy

Anonymous, shared by Rev. Victoria Safford

Forget about enlightenment,
Sit down wherever you are,
and listen to the wind that is singing in your veins.
Feel the longing, the fear, the love in your bones.
Open your heart to who you are, right now,
not who you'd like to be, not the saint you're striving to become,
but the being right here before you, inside you...
All of you is holy.

You're already more and less than whatever you can know.
Breathe out, Look in, Let go.

Remember

Joy Harjo

Full poem found at <https://www.poets.org/poetsorg/poem/remember-0>

Video meditation using poem: https://www.youtube.com/watch?time_continue=107&v=UOfJV93a_G4

Remember the earth whose skin you are:
red earth, black earth, yellow earth, white earth
brown earth, we are earth...
Remember that you are all people and that all people are you...

The Skin Horse: A Story About Becoming Real [and Whole]
<https://www.wisdompill.com/skin-horse-story-becoming-real/>

The Guest House

Jellaludin Rumi, translation by Coleman

Full poem at: <https://gratefulness.org/resource/guest-house-rumi/>

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!

Florida Scott-Maxwell, from *The Measure of My Days*

You need only claim the events of your life to make yourself yours. When you truly possess all you have been and done...you are fierce with reality.

You Get Proud by Practicing

Laura Hershey

Full poem at <http://www.thenthdegree.com/proudpoem.asp>

...Remember, you weren't the one
Who made you ashamed,
But you are the one
Who can make you proud.
Just practice,
Practice until you get proud, and once you are proud,
Keep practicing so you won't forget.
You get proud
By practicing.

Each of Us Has a Name

Zelda (translated by Marcia Falk)

Full poem at <https://www.lilith.org/articles/each-of-us-has-a-name/>

Each of us has a name given by God

and given by our parents...
Each of us has a name given by the mountains and given by our walls...
Each of us has a name given by our sins
and given by our longing...

Bundle of Sticks

An Aesop Fable

<https://fablesfaesop.com/the-father-his-sons-and-the-bundle-of-sticks.html>

Create a real bundle of twigs as in the story and invite children to try to break it.

Theme Message: The wholeness of us together is stronger than the wholeness of a single person

Frame - Kristin Lin, On Being

“Wholeness is never lost, it is only forgotten.” **What a wise way to frame wholeness — not as an achievement, but rather as the reality of being present to who we are, in its entirety, at this very moment.**

--

“**The Lessons of Wabi-Sabi**” published in the *Utne Reader*

Leonard Koren, from *Wabi-Sabi for Artists, Designers, Poets & Philosophers*

<https://www.utne.com/mind-and-body/exquisite-decay>

“All things are incomplete. All things, including the universe itself, are in a constant, never-ending state of becoming or dissolving. Often we arbitrarily designate moments, points along the way, as “finished.” But when is a plant complete? When it flowers? When it goes to seed? When the seeds sprout? When everything turns into compost? Wabi-Sabi represents the exact opposite of the Western ideal of great beauty as something monumental, spectacular, and enduring. Wabi-Sabi is found in nature not at moments of bloom and lushness, but at moments of inception or subsiding...”

--

Bring Your Broken Hallelujah

Rev. Theresa Ines Soto

Full poem at <https://westforkuu.org/2016/11/17/broken-hallelujah/>

Bring your broken hallelujah here.
Bring the large one that is beyond
Repair. Bring the small one that's
too soft to share...

Meditation on Broken [and Whole] Hearts

Thomas Rhodes

Full meditation at <https://www.uua.org/worship/words/meditation/meditation-broken-hearts>

“And how is it with your heart?
Does your heart feel whole, shielded by intellect, cocooned by reason, closed to feeling?
...Or has your heart been broken and healed so many times
that it now lies open to the world...
that we may carry the hearts of others...”

It Is Enough - Choir-led Meditation

The wholeness found in one thing and one step...

<https://www.youtube.com/watch?v=agEHdjmlrh0>

Soul Matters Exercise: When was the last time you felt “most me”?

Did you promise yourself anything in that moment? Did you tell yourself something to never forget?

MUSIC

Anthem Leonard Cohen

https://www.youtube.com/watch?time_continue=63&v=6wRYjtvIYK0

Cover by Camille O’Connell; Sullivan:

https://www.youtube.com/watch?time_continue=90&v=_qqoNnMOVLE

Peace of the Wild Things:

<https://jakerunestad.com/store/the-peace-of-wild-things/>

One World by Todd Rundgren

<https://www.youtube.com/watch?v=WT6nq2t2Bes>

And When I Rise Plum Village Song

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

And when I rise, let me rise Like a bird, joyfully. And when I fall, let me fall, Like a leaf, gracefully, without regret. And when I stand, let me stand, Like a tree, strong and tall. And when I lie, let me lie, Like a lake, peacefully, calm and still. And when I work, let me work, Like a bee, wholeheartedly. And when I play, let me play, Like a breeze, fresh and cool, light and clear.

VIDEO

The Wild Inside

https://www.topic.com/the-wild-inside?utm_source=Topic+Newsletter&utm_campaign=257ed6176a-

The story of Arizona state prison inmates who train wild horses and discover that the work (and the horses) help make them whole.

MOVIES

Inside Out

https://www.rottentomatoes.com/m/inside_out_2015

A family movie about embracing and needing all the parts of yourself. A celebration of the whole “committee in your head”!

Roma

About the beautiful and hard won wholeness of “a fatherless family.”

“Forget your perfect offering. There is a crack in everything. That’s how the light gets in.” -- Leonard Cohen

Mission Statement Musings

We thank everyone for their participation in the Mission 25.1 process to date. From our initial workshop in October to the latest congregational feedback meetings in March, we've heard from many of you and as we've said since the beginning, **we need you – the more Reebbers involved in this process, the more our mission statement will represent the whole congregation!**

The Refinement Team (Sarah Cook & Colleen O'Hara) has been carefully listening to all the feedback and is reviewing the second draft for possible changes. Watch your email, Sunday order of service, and newsletter for more information on next steps.

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

Justice at JRUUC

The Peace, Justice and Sustainability group will be meeting Tuesday, April 23 at 7 pm in the youth room. Anyone interested in working on such issues is encouraged to attend. Contact Beth Esser at beth_esser@hotmail.com.

Building Unity Gathering in Milwaukee **Saturday, April 13, 2 - 4 pm**

First Unitarian Society of Milwaukee
1342 N. Astor St.

A wide variety of Wisconsin justice leaders will explore ways we can build a unified movement throughout Wisconsin. At this meeting we will enjoy an opening story from Dr. Shannon Sloan-Spice, co-founder of Water Protectors of Milwaukee and Holding Space, a collective of artists and healers.

We will also hear from spoken word artist, Christopher Sims, a lay-minister of Love and Justice and a "Black Lives Matter!" activist. He writes and performs poetry for our collective liberation and ecological sanity. We will get a chance to share our work and explore ways that we can collaborate.

Sustainable Saturday Night, April 27 **Building Unity Gathering in Madison**

We will start this gathering by giving Building Unity groups a chance to share and explore opportunities for collaboration. 6 pm community meal followed by music by Clare Norelle and friends.

7 pm program: Tim Cordon and others will present on and hold a community discussion about Building Unity. We will close the night with more music, conversations, and clean-up.

Religious Education for **Children and Youth**

We're looking forward to the listening sessions with RE Consultant Tracy Beck:

Sunday, April 14 during worship for our children and youth; and for everyone at 12 noon – 2 pm or 6 - 8 pm

Monday, April 15 for everyone at 11:30 am - 1:30 pm or 6:30 - 8:30 pm

The sessions for everyone are structured similarly, and all are invited to attend one! Child care will be provided.

After the listening sessions, Tracy will send us a report with her observations and recommendations, and then our Transition Team will start to create (or re-create) a structure for Sunday mornings that serves the needs of all of us.

As I said last month, we believe this transition period will continue through June, until our summer RE program begins. Our 2-5 and 6+ classes will usually be combined into one, and children and

youth may choose between those classes and staying in worship for the whole service. We anticipate that we'll also be trying out some new things starting in May, based on the recommendations our consultant makes after the listening sessions, and that we'll be putting together a job description for an RE professional at the same time.

In the meantime, we continue to need nursery care providers, assistants for the preK-1 room, and leaders for the second grade and above group.

Please contact Rev. Karen if you're willing to spend a Sunday morning with our young people.

As we try to include more adults into the program, we also want to make sure to thank the many Reebers who have offered, and continue to offer, their time and talent to our young people this year! It is almost inevitable that someone is left off gratitude lists, and if you know of someone we've missed, please let me know so we can thank them too!

Bryan Benwitz
Bill Breisch
Dorothy Breisch
Ellie Dillenburg
Grant Dobbe
Beth Esser
Virginia Harrison
Beverly LeBlanc
Jocie Luglio
Devin Martin
Catherine Maxwell
Charles McNulty
Stephani Pescitelli
Derek Peterson
James Phillips
Shaili Pfeiffer
Adije Podebradsky
Susan Podebradsky
Missy Ross
Anna Rue
Mary Schaper
Alice Shuman-Johnson
Jean Skinner
Mary Wagner

Submitted by Rev. Karen

Adult Learning and Reflecting

Covenant Café – a less formal way to gather and talk through some of life's big questions – will be held **Thursday, April 11 beginning at 7 pm**. Join Matt Finesilver at Barriques on Atwood for a lively discussion on this month's theme, wholeness.

Adult Religious Exploration

Due to low response, the book discussion on *Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want* by Frances Moore Lappe and Adam Eichen has been cancelled. Watch out for a series of books, including this one, to be offered for discussion starting in the fall. Please let Rev. Karen know if you have any suggestions for books to offer for discussion.

Our Wider UU World

An Invitation to Reflection from Rev. Karen: UU World Article on Transgender and Gender Non-Conforming People

You may be aware that the *UU World's* Spring issue held an article whose content and process has been named as hurtful by transgender and gender non-conforming UUs. There are ways that Unitarian Universalism is not yet as welcoming and inclusive of trans people as we aspire to be, and so, this hurt comes on top of many ways many trans UUs have already been hurt and felt excluded. If you have only read the paper copy of the magazine, you might have no idea of the impact until the next issue. And so this contains a summary of resources produced recently. I invite you to read them, and to reflect on them alone, with me, and/or with other Reebers.

The links are offered in an order meant to provide information about what happened, how we might unpack the impact, and how we can talk about it. I know there's a lot here, and I hope you'll read some of it. I plan to offer some of my reflections on the issue from the pulpit in April, and I believe the next *UU World* issue and subsequent issues will invite us into deeper conversation.

UU World editor Chris Walton's apology and link to the original article:

<https://www.uuworld.org/articles/apology-spring-2019>

UUA President Susan Frederick Gray's apology <https://www.uua.org/.../president-susan-frederick-gray-apolog...>

Transgender Religious professional Unitarian Universalists Together (TRUUsT) published a response: <https://transuu.org/2019/03/06/putting-the-t-first/>. Earlier this year they also published a report on the experiences of Trans Unitarian Universalists: <https://transuu.org/truust-report/> Zr. Alex Kapitan explains how the article came to be: <https://rootsgrowthetree.com/.../what-it-takes-to-de-center-.../>

Rev. Theresa Inés Soto's writing this week addressed "trans*, non-binary, genderqueer and gender-expansive friends and kin." This is worth passing along to youth, young adults, and adults! <https://www.facebook.com/UUMNY/posts/1901417169986042>

CB Beal explained, in detail, the issues with an article in Medium. CB is a religious educator, sexuality educator, and justice consultant who works on inclusion through their lens of "pre-emptive radical inclusion."

<https://medium.com/.../centering-the-marginalized-symphony-an...>

Evin Carvill Ziemer explores why not all trans UUs are reacting the same

way: <https://www.uua.org/.../b.../better-together/one-trans-uus-story>

The UUA's Commission on Institutional on Change posted a blog analyzing the way this is an example of systemic

oppression: <https://www.uua.org/.../blog/how-do-we-respond-systemic-oppre...>

Zr. Alex Kapitan also writes

on radicalcopywriter.com including on current guidance on writing about transgender

people: <https://radicalcopyeditor.com/.../08/31/transgender-style-gu.../>

Transforming Hearts Collective published a piece to help cisgender UUs understand how to support people impacted by this article when they talk about it with other cisgender people:

<https://www.transformingheartscollective.org/.../tips-for-tal...>

Rev. Mykal O'Neal Slack who serves on the Black Lives of UU Organizing Collective Board posted a reflection: <https://medium.com/.../reflections-in-the-aftermath-of-the-uu...>

In faith and love, Rev. Karen

Administrator's Thoughts

Wholeness! Sam, my husband broke his leg recently and is wearing an air cast through April 22, so I am hoping his fibula will be whole then.

Yours in growing faith,
Elizabeth Barrett, Congregational Administrator

Wartmann Lecture with Dr. Kate Ott

Sunday April 28, 2 pm

First Unitarian Society in the Landmark

Dr. Kate Ott will present "Good Sex: Living our values with body and soul." She'll also hold a workshop for youth starting at 5 pm. These events are free and open to the public. More information can be found at www.fusmadison.org/wartmann.

**General Assembly in Spokane, Washington
Wednesday, June 19 – Sunday, June 23**

The Power of We

**In a time of great challenge and
heartbreak in our world, what does
our faith demand from us?**

At this year's General Assembly we will explore the power, possibility, purpose, struggle and joy of finding the path forward together as Unitarian Universalists. Attendees will leave inspired, with the tools needed to carry on the work into their own congregations and communities. Join us as we work for collective liberation inside and outside our faith.

<https://www.uua.org/ga>

Save the Date: our JRUUC Campout at Lake Farm Park group camp will be the afternoon of Saturday, Sept. 14 through Sunday morning, Sept. 15.

James Reeb Unitarian Universalist Congregation

2146 E. Johnson St.

Madison, WI 53704-4727

(608)242-8887

office@jruuc.org

www.jruuc.org



James Reeb Unitarian Universalist Congregation

Minister	The Rev. Karen Armina* (219) 221-3371 revkaren@jruuc.org		
Congregational Administrator	Elizabeth J. Barrett	(608) 242-8887	office@jruuc.org (TWF 10:30-5:30)
Music Director	Heather Yonker	(608) 628-3406	music@jruuc.org
President	Jocie Luglio	(608) 442-8814	jocie.jruuc@gmail.com
President-elect	Bev Buhr	(608) 244-2115	bevobuhr@gmail.com
Treasurer	John Mathis	(608) 231-2238	jsmathis@wisc.edu

- ❖ *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.