



Weekly News for 4/23/2025-4/29/2025

This Sunday, April 27, 2025, 10:00 am “Generating Joy Through Laughter Yoga” with Virginia Harrison



Image from <https://www.laughteryoga.org/>

This morning, we will experience the physical and psychological benefits of laughter—an excellent way to generate and experience joy. Members of the Madison Laughter Club will lead anyone who wants to participate in some Laughter Yoga activities.

Worship Associate: Liz Chapa

[Zoom Link for Service](#)

[Service webpage](#)

After Service: Coffee and Conversation, Rummage Sale Drop-Offs

Next Sunday Worship: “[Imagination - May the Fourth](#)” with Rev. Karen Armina

Next Sunday after Service: Coffee and Conversation

The Share-the-Plate recipient for April 27 and May 4 is [National Resources Foundation of Wisconsin](#). NRF fills an important and unique conservation funding niche that no other organization does. It protects our state’s lands, waters, and wildlife by providing funding, leading partnerships, and connecting all people with nature by providing sustainable funding for Wisconsin’s most imperiled species and ecosystems, and helping the people of our state explore, love, and protect its natural resources. They were nominated by Anne Reis.



Our April Theme: Living Love through the Practice of Joy

Our April theme reminds us of the ways we can find joy and offer it to each other. In this space, you'll find a new source for inspiration every week.

Invitation to reflection: Do you tend to be a creator of joy, receiver of joy, notice-er of joy, or spreader of joy?

I slept and dreamt that life was joy.

I awoke and saw that life was service.

I acted and, behold, service was joy.

-- [Rabindranath Tagore](#)

Ministry Connections

Minister's Monthly Musings

From Rev. Karen Armina

Dear Ones,



Oh my goodness, friends. I'm finding it both really hard and really necessary to reflect on this month's theme, living love through the practice of joy. It's hard because, well, just look around! How can we practice joy when the systems of care and support that have been crucial for so many people in our country are being broken so quickly and cruelly? There are days I forget that joy is even possible. And. If we lose joy, they've won. Those people who want to erase the lives of Black and Brown people, of queer and trans people, of disabled people, of people who need tangible support to live - those people cannot win. Even when joy feels impossible, I cannot let them win. And so I practice finding and making joy. [Click here to read more...](#)

Minister's Availability

Rev. Karen is away from Reeb on study leave from Monday 4/21 until Tuesday 4/29. She isn't checking email, and office hours are suspended. Office hours will resume on Tuesday 4/29 at Java Cat. Please do call or text her if you have a pastoral emergency.

Rev. Karen's regular office hours are:

- **In person Tuesdays** at Java Cat Coffee House (4221 Lien Road) 1:30-3:00 pm (you might have to look for her as it's a big space)
- **In person Fridays (not 4/25)** at Reeb 12:00-2:00 pm, please call or text ahead so Karen knows you're coming
- **Virtual Fridays (not 4/25)** on Zoom 5:00-6:00 pm ([Zoom link](#))

- **Evenings and other times by appointment-** Karen would love to meet with you! Please [send her an email](#) to set up a time.

Music Ministry

From Jennifer Hedstrom, Director of Music Ministry

Hymn of the Month: "Joy" by Beautiful Chorus

[Beautiful Chorus](#) is best known for the musical mantras they create to aid in meditation and relaxation. I first encountered one of their mantras on Instagram and was struck by the beauty and power of its simplicity. I've been wanting to include their music more regularly in Worship and thought our Hymn of the Month would be a great introduction to their work. While reading more about the group I learned that its founder, Alexandra Love, grew up in Wisconsin. Alexandra moved to Orlando, FL after college to sing with a hip hop group and created Beautiful Chorus for a one time performance of original songs in 2011. After that performance, Alexandra knew she wanted to continue singing in the community she created. Based in Orlando, Beautiful Chorus [creates digital content](#), performs live, hosts spiritual conversations, and [released a full-length album in July 2024](#). Their mantra on Joy is:



"Joy is my guide
I move with life"

Shared Music:

#118 "This Little Light of Mine"

"Joy" by Beautiful Chorus (HOM)

#1010 "We Give Thanks"

Religious Exploration and Family Ministry

From Genevieve McPherson-Shambarger, Director of Family Ministry



This Week: This week will be a multigenerational service with everyone together in the sanctuary. After the service, youth will meet with Genevieve for their next UU History lesson.

Next Sunday: Next Sunday will be a multigenerational service with everyone together in the sanctuary. After the service, youth will meet with Rev Karen for their next UU history lesson and elementary aged children will have RE classes with Genevieve in the front classroom.

Small Group Ministries

Offering and Receiving Connection, Support, and Spiritual Practice

[Read more here](#)

Meditation With Friends - Wednesdays, 6:30 to 7 p.m. (Newcomers Welcome) - [Zoom Link](#)

Sacred Breath Choir - Thursdays, 7:00-8:30, contact Music Director [Jennifer Hedstrom](#)

Folk Music Gatherings - First & Third Saturdays, 10:00-11:30, contact [Mike Stimson](#)

Our Wild and Precious Lives - Monthly, alternating between in-person and online sessions - the next session is **Tuesday 4/29 on Zoom**, contact [Rev. Karen](#) or [Rev. Bowie](#)

What Moves Us – Second Sundays, 6:30-8:00 p.m. on Zoom, contact [What Moves Us](#) or Sarah Cook

[Zoom Link for Meditation](#)

Our Congregation and Community Calendar

Annual Rummage Sale: Drop-offs Starting 4/27, Sale 5/2-3

Reeb's Annual Rummage Sale is coming soon! The sale is **Friday May 2 from 11 am to 5 pm, and Saturday May 3 from 8 am to 2 pm.**

Donations: We'll take almost anything in good or usable condition, except clothing. We usually have lots of books, sports gear, kitchen and household items, toys, plants, artwork, CDs, DVDs, and too many other types of treasure to list here. This year we won't be pricing each item individually, but will be asking buyers to consider what the item is worth to them and pay what they can. If you are donating something of substantial value, please [contact Jane Aldrich or Cindy Rudd](#) to let us know the item's "estimated value" so we can post that with the item.

Donation Drop-offs: Starting **Sunday April 27** – Multi-purpose room (use the door at the end of the hallway). You can drop off any time you are in the building that week. The building will also be open on **Thursday May 1 at 4-8 pm** while volunteers are setting up the sale, and you can drop off donations then too.

[Sign up here for volunteer shifts.](#) We really need volunteers on **Thursday May 1** for set up and **Saturday May 3** for take down after the sale. We hope that our “no price tags” experiment will make set up easier this year. Volunteers are also needed during the sale. We also have a paper sign-up sheet in the building.

[Contact Jane Aldrich or Cindy Rudd with questions.](#)

[Spread the word with this flyer](#) or ask Jane for a printed copy.

“Our Wild and Precious Lives” Monthly Discussion Group - 4/29

Rev. Karen and Rev. Bowie co-facilitate this monthly group focused on issues around death and dying, titled after Mary Oliver’s famous poem “[The Summer Day](#).” This is a drop-in opportunity - come once, or as often as you like. The one-hour sessions alternate between formats, with in-person sessions after worship on some Sundays, and online sessions via Zoom on some Tuesday evenings. Here’s the schedule:

- April 29 (Tuesday) at 6:30-7:30 pm - Zoom
- May 27 (Tuesday) at 6:30-7:30 pm - Zoom
- June 29 (Sunday) at 11:30 in person in the Reeb library

Poor People's Campaign - 4/30



Join us for the next Wisconsin Statewide meeting of the Poor People's Campaign on **Wednesday, April 30, from 6:30-8 pm!** This will be a great opportunity to learn more about this fusion movement and the campaign in Wisconsin. Whether you're new to the PPC or have been active since the original campaign led by Rev. Dr. King, we will walk away feeling a deeper connection to one another and gain clarity about our demands to bring an end to poverty and its interlocking injustices. [RSVP for the Zoom link here.](#)

Folk Music - 5/3, 5/17, 5/24

The folks had a great time this Saturday! There will be no rehearsal on April 26, but Jennifer has given us great opportunities for offering music in May! We'll do 3 songs in May:

- May 4: Joy to the World ([Three Dog Night, with altered lyrics](#))
- May 25: Imagine (John Lennon)
- May 25: Joy is Like the Rain ([Miriam Therese Winter, with altered lyrics](#))

Our May folk jams will be on **May 3 and May 17 at 10:00 am** (first and third Saturdays). We'll also meet briefly on **May 24** to rehearse for May 25. Anyone who has a song they would like us to play together, please [notify Mike Stimson](#). Everyone is welcome, bring an instrument if you want!

A Beltane Gathering Invitation from Kirsten Johnson & Kelly Kearns - 5/4

From Kirsten Johnson: On **Sunday May 4** some friends and I are having a party to celebrate spring! Please join us if you can.

Location: Dane County Lake Farm Park Shelter #2, 4330 Libby Road, Madison. Note there is limited parking, so biking or car-pooling is encouraged. There is additional parking by shelter #3.

When: Sunday May 4, from 2 pm to 9 pm. Come at any time.

Please Bring: A dish to share (labeled with your name), drinks as desired (note alcohol is allowed), chair (also labeled). Dress for the weather, but with spring in mind – and be prepared to dance. You may want to bring something for the Beltane altar – fresh flowers, something representing fertility, or an item to give away so it becomes a community exchange. Friends and family are welcome, but please carpool. Dogs must be on leash.

Please Take Away: I will be bringing a lot of my field guides and other books and gear and would love it if they all went to loving homes with curious minds. Please take any and all that you want. Take something from the altar that calls to you.

What to Expect: We will have dancing, music, maypole, singing around the fire (bring your instrument if you have one). There may be a night time juggling show. We will have Celtic celebration of Beltane, the midway point between spring equinox and summer solstice. There may be an appearance of the May Queen and Green Man!

Want to Help Out? We could use help with: hauling dishes and tables, set up (come early, any time after 12), cleanup (park closes at 9:30), washing dishes after the party, food organizing and labeling, bringing flowers (we have lots of vases we can bring), decorating (strings of small white lights would be good), sign making, fire tending, keeping the tea kettle full, leading a spring birding or wildflower hike and more. If any of these work for you, please [contact me, Kirsten Johnson](#), with specifically how you can help.

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From Kelly Kearns: For this party, I request that you come to celebrate, enjoy your friends and have fun. I am happy to take hugs, but would rather not discuss my condition, treatments or prognosis. At this point there are a lot of unknowns. If you would like to keep up on my progress, I have a Caring Bridge page that I will keep updated as I get more info from my docs. Go to CaringBridge.org and search for my name. Thank you friends for your understanding and support!

Save the Date

May 18 - Annual Congregational Meeting

[See our Online Congregational Activities Calendar Here](#)

Congregation News, Invitations & Announcements

Breeze Rollout

We have been working hard to prepare Breeze, an all-in-one church software that will help connect our congregation's leadership to important information and simplify our operations. It has two sides, a membership side and a financial side. We've tested access to Breeze with a small group of Reebers, and we're now ready for a full rollout of the membership side of Breeze! When our new fiscal year begins on July 1, members will also get access to the financial side of Breeze, where you'll be able to see your pledge and donation information, and optionally set up automatic bank transfer and credit card donations.

If you're a member or friend of Reeb and did not receive an invitation this week for your initial basic access to Breeze, but you would like an invitation, please email Bryan Rainey at office@jruuc.org.

Mutual Aid Raffle for Raghad Madi

Yasmine Jawdat's niece, Raghad Madi, is a kind and intelligent young woman displaced in Deir al-Balah with her parents and her 5 younger brothers. Raghad turned 18 on April 18. But there isn't much to celebrate in Gaza, as she and her loved ones suffer from forced starvation and constant bombings. Her family's home in Jabalia is completely destroyed. Raghad's education has been put on pause, making it impossible for her to pursue her dreams. Her one respite is the Gaza sea.

In order to bring Raghad some hope on her Golden Birthday, Jennifer Hedstrom has organized a raffle with the goal of raising at least \$1800 for her family. There are 18 prizes including work by local artists, gift cards to local businesses, handmade jewelry, records, and more.

To enter:

- Venmo @JenniferHedstromMusic
- Write "birthday" "golden birthday" or birthday emojis in the note
- \$1 per entry or \$18 for 20 entries

The raffle will run until the goal of \$1800 is reached. Jennifer will reach out if you are a winner!

Sanctuary Chalice Update - and Loaner Program

Our Chalice Team is working on having a chalice made for our sanctuary by a local artist. We have a general idea of what we're looking for - a piece that incorporates some meaningful recycled materials, including wood from an old Joys and Sorrows candle stand we no longer use, and copper bits from the roof at First Unitarian Society. We're now creating a "call for art" and seeking proposals. If you're interested in creating a chalice or you know someone we should solicit a proposal from, please reach out to us!

In the meantime, we've landed on an idea to fill the empty chalice space - a loaner program! **If you have a home chalice you'd like to see in the sanctuary** for a couple of weeks, please contact [Rev. Karen](#) or any of the Team members - Liz Chapa, Jeanette Clawson, and Ingrid Stark.

Do You Enjoy Fresh Air and Making the World a Bit More Beautiful?

We don't use a professional service for yard and surroundings care, so if you feel so moved, we invite you to enjoy the outdoors and help care for our grounds at the same time! We have a lawn mower in the shed in the apartment building next door that you can use. Our grounds volunteers:

- Mow the grass in the front, side, and back of the building as needed.
- Pick-up trash around the building including the rear parking lot and sidewalks.
- Check for any issues that need to be brought to the Building Stewardship Committee.
- Mow terrace in front of the apartment building next to building (Arthur's building) as needed.

[Click here to choose a week to be a "Lawn Wizard"](#). Thanks!

Deadline for the Weekly Newsletter Submission

Please send your submissions to news@JRUUC.org by **10 am on Tuesdays**. *Remember to include relevant event and announcement information, such as date, time, location, links, contact information, and how long you would like the information included in the newsletter.*

Website Errors or Suggestions? Contact web@jruuc.org

If you notice an error or something important missing from our website, please let Susan Podebradsky know by sending an email to web@jruuc.org. It helps if you send a link to the specific page in question. You can also let us know if there is something you can't find, something new you would like to see, or something you really like to see. Thanks!

Unitarian Universalist Association News & Connections

Want to act but you're not sure how? Join forces with other UUs!



SIDE WITH LOVE

A public advocacy campaign that seeks to harness love's power to stop oppression, with four intersectional justice priorities:

Climate Justice, Decriminalization, Democracy, and Reproductive Justice & Trans Rights. [Click here](#) to learn more. We build strong movements when we take action together. Organize teams and networks that can take these actions together, and get support on practical organizing skills and support at our [Organizing School](#) and [Skill Up](#) resources. **Side with Love offers two ways to take concrete action:**

Weekly Action Update features essential resources, upcoming events, and spiritual reflection to support work across our intersectional priority areas. [Click here to view this week's update!](#)

**The Gathering:
Second Mondays at 7:00
pm**

a monthly virtual event
designed to offer:



- Spiritual grounding - strengthen your heart and spirit for the work ahead
- Political analysis - understand the threats to democracy and justice
- Collective action - organize with others to block anti-democratic forces and build a just and loving world

[Click here](#) for more information and to register to receive the Zoom link for The Gathering.

LOVE RESISTS Activates people of faith and conscience to resist the harm inflicted by criminalization, to create safer, more just, welcoming, and sustainable communities. [Click here](#) to learn about current actions, and to download resources and tools to bring the Love Resists campaign to your community by expanding sanctuary, growing solidarity, and raising your voice.



UUs support the use of inclusive democratic processes to make decisions within our congregations, our Association, and society at large, and UU the Vote engages in year-round movement-building work toward building a truly inclusive democracy. Wisconsin is a key state for UU the Vote's action initiatives. [Click here](#) to learn how you can get involved in getting out the vote.

And here are some other UUA resources relevant to these times:

[Community Resilience Hub](#)

[ICE and Immigration Enforcement in Congregations](#)

[Expanding Sanctuary](#)

[Wisdom and inspiration from UUA President, the Rev. Dr. Sofia Betancourt](#)

General Assembly 2025 Ware Lecturer Announced!



Visionary. Journalist. Changemaker. Imara Jones is Our 2025 Ware Lecturer!

Every year, the GA Planning Committee invites a speaker who is not UU to share a message with us. Imara Jones is an award-winning journalist, thought-leader, and changemaker, who is known for challenging conventional thinking and inspiring bold action to transform our world.

[Please read more about Imara here.](#)

GA will be multiplatform this year! Please [click here](#) to see the schedule, including in-person, virtual, and multiplatform events and workshops. And [click here](#) for event and housing registration.

Be Part of Your UUA's Social Witness Processes!

The [UUA Commission on Social Witness](#) oversees the collective social witness process among Unitarian Universalist Association member congregations and groups. Their mission is to amplify emerging social action, promote connections, and nurture accountable social witness across the Association. They facilitate two different types of social witness statements: Statements of Conscience (SOCs), which arise from Congregational Study/Action Issues (CSAIs), and Actions of Immediate Witness (AIWs).

Congregation Study/Action Items:

Three proposed CSAIs passed the congregational vote, so they will be admitted to the agenda for the UUA General Assembly 2025. The three moving forward are:

- [Housing: Diversity, Equity and Inclusion](#), Thursday, April 10
- [Fat Liberation: Building Justice and Liberation for Large Bodies](#), Thursday, April 17
- [Abolition As Faith Formation](#), Tuesday, April 22

The next stage of this process is that we will hold on-line, zoom feedback sessions so congregants from across the country can join in to hear more about each of the CSAIs and offer comments and feedback. The dates of the Feedback Sessions are next to each of the CSAIs and the zoom links will be published soon!

[Learn About](#) Congregational Study Action Issues and [the process for 2024-2025](#).

Actions of Immediate Witness:

There's lots to take action about these days. If you want UU's across the country to support your justice efforts, consider submitting an AIW for this year's General Assembly.

March 18: Submission for draft AIWs opens. Any AIWs submitted between March 18th and April 12th will receive CSW feedback. This allows submitters to get feedback about whether they meet criteria, and an opportunity to revise if needed.

After April 12: any submissions after April 12th will continue through the process only if they meet all the criteria without revision.

Friday, May 12 – Deadline for proposed AIWs. These will be posted and distributed to congregations. Details can be found [here](#).

[More UUA Updates](#)

[See our website for more information - jruuc.org](#)

Please submit articles for the newsletter to news@jruuc.org by Tuesday at 10:00 am.