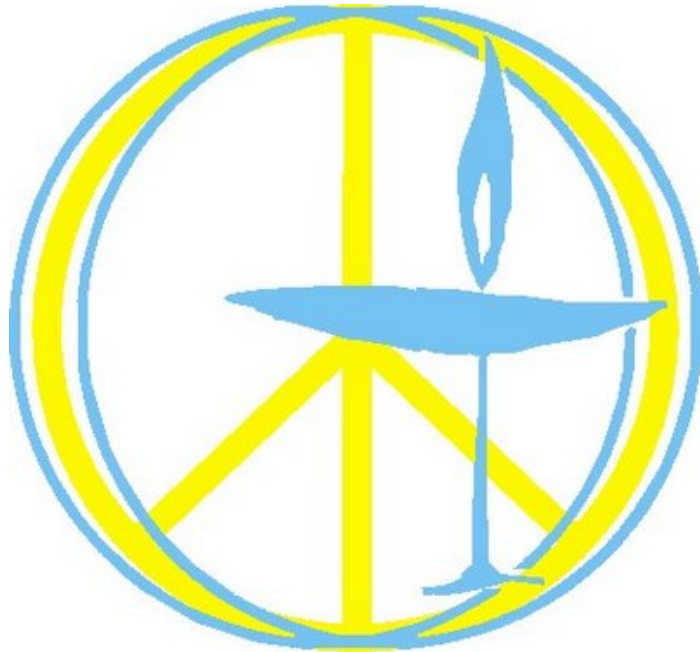


Peacemaking at Tahoma Unitarian Universalist Congregation



Winter/Spring 2011

Program Guide

Two Sunday Services at 9:30 a.m. and 11:15 a.m.

Our Consulting Minister is Rev. Bill Graves.

OUR VISION

The Tahoma Unitarian Universalist Congregation is an enduring community in which we promote the values of liberal religion through our actions both individually and as a community.

OUR MISSION

The mission of the Tahoma Unitarian Universalist Congregation is to sustain a community in which we:

Welcome all with love and compassion, celebrate the diversity in our common humanity, Inspire the spirit, heart, and mind, Engage with the wider community in working for justice, live and promote Unitarian Universalist principles.

TUUC COVENANT

We the members of the Tahoma Unitarian Universalist Congregation do hereby commit ourselves to strive to live by the following words:

- 1) I will connect with people in a respectful and loving way by listening carefully, by welcoming newcomers and members alike with kindness and encouragement, and by promoting diversity.
- 2) I will offer my stewardship to enable the church and its programs to flourish; and to provide fair compensation, a proper working environment and continuing professional development of the minister and church staff.
- 3) I will make commitments thoughtfully, keep them faithfully, and support the work done by others.
- 4) I will pay faithful attention to my relationship to the church, and balance my commitment to the nurturing of myself and others.
- 5) I will support the Board of Trustees, its committees, and the staff in the governance of the congregation, and will express my opinions through these channels, especially if I disagree with a decision.
- 6) Recognizing that conflict can be an opportunity, I will engage with others in responsible problem solving by speaking respectfully and directly to the person involved first; and by listening carefully, respecting confidences, and being willing to participate in mediation.
- 7) I will participate in a process that examines the church's relationship to the wider community and strives to be a responsible, vital, and inspirational part of that community in a way that is consistent with our Unitarian Universalist principles and values.

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Calendar of TUUC events can be found online at our Website: <http://www.my.calendars.net/tuucadmin>

Registration

Most programs are free and available on a drop in basis; however, we would like to know if you plan to participate to ensure we have adequate space and program materials. It's easy to register! Simply e-mail or phone our Program Coordinator Susie Maharry at smaharry@hotmail.com, or 253- 222-9933. Course fees and registration requirements will be listed under each class listing. Pay course fee directly to facilitator at the first class. If you have questions about a specific program in this guide, you can e-mail the program facilitator (about program content) at the addresses provided in each program listing. Please do not delay signing up for a class. Register soon before a class fills up. Classes may be cancelled if sufficient registration is not received two weeks in advance of the scheduled class start. We've made every effort to be accurate, but please subscribe to the "announcements" e-mail list, check our monthly newsletter, the *Dialog*, and read the weekly order of service for updates.

Child Care and Accessibility

We want everyone - including parents of young children - to be able to attend these programs, so we are committed to providing child care and accessibility when needed. Please request child care and/or accessibility in your registration e-mail or phone call. We must receive your request at least 10 days before the first scheduled meeting date of the class for which you are registering. If you have pre-registered for child care and find you don't need it, please let us know.

Guidelines for Adult Spiritual Development (ASD) Program Planning Consistent with UU Principles and Just Peacemaking Covenants

MISSION: The purpose of TUUC's Adult Spiritual Development Program is to provide a program of spiritual growth and learning that meets the needs of adult members, families and friends. We are hopeful that by offering these courses/workshops/session(s) we enable people to explore ways to meet personal spiritual needs and to live our UU Principles while also making the world a more peaceful place.

When planning presentations or programs for the TUUC Congregation and greater Tacoma Community on behalf of the TUUC Congregation, we ask that the presentation be consistent with the mission of TUUC affirming one or more of our **SEVEN PRINCIPLES** listed below.

- 1) The inherent worth and dignity of every person
- 2) Justice, equity and compassion in human relations
- 3) Acceptance of one another and encouragement to spiritual growth in our congregations
- 4) A free and responsible search for truth and meaning
- 5) The right of conscience and the use of the democratic process within our congregations and in society at large;
- 6) The goal of world community with peace, liberty, and justice for all
- 7) Respect for the interdependent web of all existence of which we are a part.

It is also our intention that the ASD presentations/programs be consistent with the existing TUUC Just Peacemaking framework and be linked to one or more of the **FIVE CALLS TO ACTION** listed below with description. (UUA Creating Peace - 2010 Statement of Conscience)

CREATING PEACE WITHIN OURSELVES

We recognize that peace begins with each person and covenant to: develop for ourselves and our congregations spiritual practices that cultivate inner peace; sustain these practices as foundational to wholeness, forgiveness, and reconciliation; practice loving-kindness and compassion toward ourselves, and pay attention to the ethical insights that follow.

CREATING PEACE IN OUR RELATIONSHIPS

As individuals we covenant to: learn and practice the skills of compassionate communication; honor the behavioral covenants of our congregations; adopt lifestyle changes that reflect reverence for the interdependent web of all existence.

CREATING PEACE IN OUR CONGREGATIONS

We covenant to create peace through worship, religious education and social action by: developing Peace Teams to provide training in compassionate communication and conflict resolution, and to engage each congregation in multi-level action toward a culture of peace; working through congregational governing bodies to develop and honor behavioral covenants in all aspects of congregational life; working through our lifespan religious education structures to provide workshops on conflict resolution and compassionate communication, to encourage understanding and participation in social justice ventures, and to utilize UU resources such as "Peacemaking in Congregations - A Guide to Learning Opportunities for All Ages."

CREATING PEACE IN OUR SOCIETY

We covenant to act in the wider community in reducing the causes of institutional and structural violence by: supporting Association and congregational initiatives aimed at eradicating all forms of cultural, political, and economic oppression; supporting the socially responsible investment of our Association and congregational assets; promote harmony with our natural environment.

CREATING PEACE IN OUR WORLD

We covenant to advocate vigorously for policies and participate in practices that move our nation toward collaborative leadership in building a peaceful, just, and sustainable world, including: supporting the UU-United Nations Office in advancing the United Nations' efforts in promoting peace, and its implementation of the Universal Declaration of Human Rights; supporting the UU Service Committee in ending the use of torture and addressing institutional violence in all its forms; supporting the UUA and our congregations in influencing public policy decisions made by the U.S. Congress and Administration; participating in international civilian peace building, peacemaking, and unarmed peacekeeping teams.

The intent of the Program Council and Just Peacemaking Team in suggesting these guidelines is to encourage and support programming efforts that clarify, integrate and connect programs with our mission.

Vipassana Meditation

A meditation group is meeting regularly every Monday evening from 7 to 8:45 p.m. in the TUUC Sanctuary for meditation in the vipassana tradition. We typically sit or walk in meditation for 30 minutes, listen to a recorded dharma talk, and then have a short discussion in the spirit of awareness. No previous experience or preparation is necessary. All are welcome. Questions: Rob Gramenz, rgramenz@harbornet.com.

Six Week Beginners Series

Starting Monday, January 17, we will begin a 6 week series on the practice of Vipassana meditation. This is a class designed for beginners but of value to all, and will consist of seated meditation as well as instruction from Rodney Smith, the leading teacher of the Seattle Insight Meditation Society (SIMS). This is a class series recorded at SIMS in the spring of 2008, and will be presented in video format

Yoga

We meet for yoga every Thursday from 6:00 to 6:45 p.m. in the church sanctuary. You do not need to have experience with yoga, only a willingness to learn. We stretch and twist for relaxation and good health. We recommend that you wear loose, comfortable clothes, and bring a yoga mat. We also ask that you show up a couple minutes early so we can start on time. Please join us! Contact Loretta Skochenko-Dhaese 863-0595 at loretta@worldstar.com

The Laura Foltz Memorial Library

A collection of over a thousand books, DVDs, and CDs that supports the mission of TUUC. Topics included are UUism and famous UUs, world religions, meditation, ethical living, spirituality, and social and environmental issues. There are also special collections for church leaders, parents and teachers, teens, and children. Come in and browse during the coffee hour between Sunday services from 10:30 – 11:15 a.m. – and feel free to bring your coffee with you!

Covenant Group Ministry

Facilitator Covenant Group

Facilitator: Susie Maharry at smaharry@hotmail.com

Dates: First Sunday of every month

Time / Location: 9:15 – 10:30 a.m. / TUUC

This group is always open to new members, but please contact Susie before attending. We encourage members to attend as faithfully as possible, and to start a covenant group when ready to do so. We also welcome members who aren't ready to start a group, but want to support the work of the Facilitator Group. Our purpose is to promote and support covenant groups and facilitators at TUUC.

Chalice Circle Facilitators Meeting

Facilitator: Susie Maharry, smaharry@hotmail.com

Dates: Sept-Dec, Third Monday of each month

Time / Location: 10:00 a.m. - noon. / University Place Home

This meeting is restricted to facilitators and co-facilitators of Chalice Circles. Please contact Susie Maharry at smaharry@hotmail.com for more information on how you can get involved.

Chalice Circles

Chalice Circles meet once per month with 7-10 other TUUC members to practice deep listening skills. These groups meet from September 2010 through June 2011.

4th Monday, 7-9 p.m. in University Place

2nd Tuesday, 7-9 p.m. in University Place

1st Thursday, 7-9 p.m. in University Place

3rd Friday, 6:30-8:30 p.m. @TUUC

1st Sunday, 12:30-2:30 p.m. @TUUC

Please contact Susie Maharry at smaharry@hotmail.com for more information on how you can get involved.

Covenant Group Ministry

Covenant Group Ministry (CGM) is an intentional small group program at TUUC. Our vision is a congregation of life-serving, transformational small groups. Our mission is to connect people in small groups for worship, support, study, and service, with guidance from the TUUC and the UUA principles. To learn more about Covenant Group Ministry, please contact Susie Maharry, our Program Coordinator, at smaharry@hotmail.com. She can also help you if you would like to join a covenant group, or if you are interested in starting a new one.

All Ages Women's Group *4th Monday, 6:45-8:00 p.m. / Homes*
Contact Libby Colasurdo at lcola123@aol.com.

Interested in making connections with like-spirited and like-valued women of a broad range of ages to stretch our usual social boundaries and to come together as an extended family? We rotate facilitators and homes each month and discuss a variety of meaningful topics.

Moondancers *2nd Sunday, 4-6 pm. / TUUC*
Contact: Laura Gardner 460-9678 or lmgardner@comcast.net

Della Donnas *2nd Sunday, 5:30 – 7:30 pm / Rotating locations*
Contact: Margot Marsh 565-5035 or mqmarsh@msn.com.

Women of a Certain Age *4th Monday, / Homes*
Contact: Susan Tusa at susanlaurietusa@aol.com.

Women On The Other Side *3rd Monday, 3-5 pm / Homes*
Contact: Barb Lutzewitz at winnebaer@aol.com
A supportive group of liberal thinkers who live around the Key Peninsula.

Women of the East *4th Monday, / Homes*
Contact: Katie Selsor at selsorka@comcast.net
A women's group meeting east of Tacoma.

UU Mothering Covenant Group *2nd Monday, 6-8:00 pm / Homes*
Contact: Heather Urschel-Speir at operamonkeys@gmail.com 879-1117
Mothers discussing a wide range of topics and offering support.

UU Parenting Covenant Group *Time and Location TBD*
Contact: Kathy Crabb (kathy@starkravingmuse.com).

Nonviolent Communication Group *1st Saturday, 9:15-11am / Homes*
Contact: Mark Backus at backusm@harboret.com or 759-5978.

This group is for people of all ages and backgrounds who are looking for connection and meaning. We will learn and practice NVC, and promote the use of NVC at TUUC and in the wider community.

Rationality Covenant Group *2nd and 4th Sunday, 12:30pm/ Sanctuary*
Contact: Rich Horn at 565-0772 or richhorn@harboret.com
In our Rationality Covenant Group we would like to explore the relationship between the rational, the mystical and the spiritual.

TUUC Computer Club *3rd Sunday, after the service / TUUC*
Contact: Seth Pennington at sethfp@hotmail.com or 383-084.
Discussions usually revolve around solving computer problems.

Young Adults Covenant Group *3rd Thursday 7-9 pm Location TBD*
Contact: Dave Cerny at xcerny@gmail.com
This group is designed for ages ranging from 18-35.

Men's Reading Group *2nd Tuesday, 6:30-8:30 pm. / TUUC*
Contact: Tim Battin at spatialresearch@yahoo.com
Through discussions with a cross-section of the male membership, the focus of the group is intended to enhance our spiritual journey by reading and discussing great works of classical philosophy and literature.

UU World Supper Club *Dates TBD 6:30 - 9:00 pm / Homes*
Contact: Bruce Rowan 253-230-9264 or brucero@hotmail.com.
An assigned Potluck Dinner is included as part of the meetings. We discuss articles from the UU World Magazine or other topics of interest. The group is currently at capacity but eager to have guests who are interested in starting a similar group and would like to see how the UU World Supper Club functions.

CUUPs Coven of UU Pagans *Sat before the full Moon/ Location TBD*
Contact: Melody Curtiss at (melodycurtiss@melodycurtiss.com)
This group is open to Pagans and UUs who are interested in studying the spiritual wisdom of neo-pagan earth based traditions. We will be using "The Sevenfold Journey" by Anodea Judith and Selene Vega to study the energies of Earth, Water, Fire and Air. We will be using a variety of sources to study and develop practices honoring goddess/god as the spiritual center of the energies. February 12, March 19 (equinox), April 16, May 14

Bible Study: Seeking wisdom in scripture from a liberal religious perspective

Facilitator: Mary Rhine

Dates: 3rd Sunday of each month (Sept. through May)

Time / Location: 11:15 a.m. / TUUC Library

The Revised Common Lectionary (RCL) is a three-year cycle of readings from the Bible used by many Protestant churches. The RCL identifies Old Testament and New Testament readings for each week. We will use this as a starting point, with alternative readings used for the Christmas and Easter months.

This should offer fertile ground for an hour of discussion. What did the ancients really mean? What was the historical perspective? Do different translations give a different impression? How does this speak to us in our modern, UU world? Bring a Bible, if you can (any translation). A few extras will be provided.

Suggested reading (not required): Understanding the Bible: An Introduction for Skeptics, Seekers, and Religious Liberals by John A. Beuhrens (past UUA president).

Why study the Bible? Quoting from Beuhrens' book listed above: "The first motivation could be called political: If you can't or won't understand the Bible, others surely will interpret it for you. The second could be called cultural or literary: Within this culture you can't be fully literate or creative, artistically or rhetorically, without an acquaintance with the Bible. But now we come to the third and most personal reason: You also can't be spiritually mature or wise by simply rejecting the Bible as oppressive. The oppressive uses of the Bible are real, but unless you learn to understand that there are other readings possible, the Bible will, indeed, simply continue to be a source of oppression for you, and not a source of inspiration, liberation, creation, and even exultation as you understand it anew for yourself, at a deeper and less literal level."

Jan. 16 - [Isaiah 49:1-7](#); [Psalm 40:1-11](#); [1 Corinthians 1:1-9](#); [John 1:29-42](#)

Feb. 20 - [Leviticus 19:1-2, 9-18](#); [Psalm 119:33-40](#); [1 Corinthians 3:10-11, 16-23](#); [Matthew 5:38-48](#)

Mar. 20 - [Genesis 12:1-4a](#); [Psalm 121](#); [Romans 4:1-5, 13-17](#); [John 3:1-17](#) or [Matthew 17:1-9](#)

Apr. 17 - [Isaiah 25:6-9](#); [John 12:20-36](#); [1 Corinthians 11:23-26](#); [John 20:1-18](#)

May 15 *[Acts 2:42-47](#); [Psalm 23](#); [1 Peter 2:19-25](#); [John 10:1-10](#)

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Wednesday Adult Spiritual Development

Wednesday Night Adult Spiritual Development is a drop in class from 6:30 – 8 p.m. No registration is required. If you can't make all the sessions in a series it is okay to miss a few. We will usually meet in the Social Hall and provide tea. Childcare and Accessibility will be provided upon request by contacting Susie Maharry at smaharry@hotmail.com.

How to Discuss What Matters Most -

Facilitator: Lori Fernholz-Hartman

Dates: Wednesdays, January, 5, 12, 19 and 26, 2011

Time /Location: 6:30 – 8:00 p.m. / TUUC Downstairs

"Asking for a raise. Ending a relationship. Giving a critical performance review. Saying no to someone in need. Disagreeing with the majority of the group. Apologizing. At work, at home, and across the backyard fence, difficult conversations are attempted or avoided everyday." --From the introduction of *Difficult Conversations*.

UU History Adventure:

Facilitators: Rev. Bill Graves

Dates: Wednesdays, Feb, 2, 9, 16, 23, March 2

Time /Location: 6:30 – 8 p.m. / TUUC Downstairs

An essential part of our UU identity is our history. It is a fascinating story of which we are justifiably proud.

6:00 - 6:30 p.m. Optional Pizza with the Minister (bring a salad to share and your own drinks)

- 1) Michael Servetus and our Reformation roots;
- 2) Our early experience in America focusing on Channing and Ballou;
- 3) The transcendentalist Movement of the mid- 19th Century;
- 4) The great Humanist Controversy of the mid-20th Century;
- 5) The evolution of our theology and concept of "God"

Wednesday Adult Spiritual Development

Poetry Workshop –

What Does Mary Oliver Have to Say to Us?

Facilitator: Chris George

Dates: Wednesdays, March ,9, 16, 23, 30

Time /Location: 6:30 – 8:00 p.m. / TUUC Downstairs

Following a format used by other UU churches in the area, Chris George will lead a 4-week series to read the poetry of Mary Oliver. Three of her works are in our hymnal. One of them is shown below:

*To live in this world
you must be able
to do three things:*

*To love what is mortal;
to hold it
against your bones knowing
your own life depends on it;*

*And, when the times comes to let
it go,
to let it go.*

Here's an opportunity in a small group setting to take in the thoughts of someone often called the "Unitarian poet." Please don't be put off from this class with thoughts of inadequate poetic background. If you have ever been attracted to a Mary Oliver poem, then this class is for you. The chief object of these classes is not the academic dissection of poems but the seeking of life meaning through the poems. We won't be as focused on what the author had in mind; rather what her poem evokes in you and the meaning for your life.

We will announce which book(s) we will work from in March.

Wednesday Adult Spiritual Development

Vipassana Meditation

Facilitator: Rob Gramenz (rgramenz@harbornet.com) and Mark Backus (backusm@harbornet.com)

Dates: Wednesdays, April 6,

Time /Location: 6:30 – 8 p.m. / TUUC Downstairs

Focus on the breath has been a central practice in many spiritual traditions. It is with no little irony, then, that it has been said, "If you knew how close enlightenment is, it would take your breath away." This session is a chance to see what it is we do every Monday night at TUUC meditation. We will do a typical "sit" for 30 minutes or so, listen to a dharma talk, and then have some time for discussion. Come to the session and then join us every Monday night at 7pm to deepen your awareness of the Real - "Vipassana" means "insight into the nature of reality."

Simply Pray

Facilitator: Rev. Bill Graves

Dates: Wednesdays, April 13, 20, 27

Time /Location: 6:30 – 8 p.m. / TUUC Downstairs

Rev. Bill Graves, will lead a three session class based on the book by UU minister Erik Walker Wikstrom, *Simply Pray, A Modern Spiritual Practice to Deepen Your Life*. The book is a bridge for people who struggle with a way to pray that is authentic to them and their sense of the holy. The class will help participants understand the four fundamental forms of prayer shared by all major religions and also offer a practical new form of prayer based on a modern use of prayer beads. A great many people realize that they need a fresh, steady spiritual practice and an understanding that opens their larger being to the Sacred amidst cultural pressures. The book on which the class is based is available for \$15 at the UU Bookstore: WWW.UUA.ORG/BOOKSTORE. We also have two copies available in the Library.

Wednesday Adult Spiritual Development

Nonviolent Communication

Facilitator: Mark Backus, backusm@harboret.com.

Dates: Wednesdays May 4, 11, 18,

Time / Location: 6:30 – 8 p.m. / TUUC Downstairs

May 4 - Nonviolent Communication Worksheet Practice: Guidelines for what to do if you have a disagreement.

A new worksheet, “Guidelines for what to do if you have a disagreement,” was developed as part of the Healthy Congregation process. This session will be an introduction to the worksheet, along with an opportunity to practice using it on real-life disagreements. Reading a copy of the text is encouraged (Nonviolent Communication – a Language of Life) – several copies are available in the church library. I also have copies available for purchase. All are welcome to attend. Invite your friends!

May 11 - Nonviolent Communication: Restorative Justice

Once upon a time, perhaps 10 minutes ago or perhaps 10 years ago, someone said or did something unbelievably terrible to you and you’ve been suffering ever since. How can we use a “needs” consciousness to end the suffering? What role does punishment play in an NVC consciousness? What if the person who was the source of your misery is no longer living? Come and learn with us as we seek to answer these questions. Reading a copy of the text is encouraged (Nonviolent Communication – a Language of Life). Several copies are available in the church library. I also have copies available for purchase. All are welcome to attend. Invite your enemies!

May 18 - Nonviolent Communication: Gratitude and Celebration.

Many of us think of Nonviolent Communication as a way of managing disagreements. However, that is only half the story. An NVC consciousness is also a way to give others important information when they make our lives more wonderful. Indeed, this feedback is the fuel of life itself. If you have something or someone you’d like to celebrate, please join us for this session. All are welcome. Invite everyone!

Wednesday Adult Spiritual Development

Communicating in Groups and Committees: The Circle Way and Nonviolent Communication

Facilitator Heather Kindem

Dates: Wednesday May 25,

Time / Location: 6:30 – 8 p.m. / TUUC Downstairs

How can we gather in understanding and compassion? As Fred LaMotte suggests, it is important to connect our heads with our hearts...and just how do we do that when we are in a group or on a committee?

In this session, we will experience the elegant structure of the circle method based upon the book, *The Circle Way*, by Christina Baldwin AND the simple beauty of acknowledging everyone's needs with nonviolent communication. We will see how trust and understanding can develop in a group when these tools are used for communicating with one another. And when that trust evolves in the group, the tools dissolve into virtual talking sticks. Join us to practice these insightful methods to integrate the mind and the heart within group meetings.

An NVC Saturday Workshop Giraffe Marathon:

A video introduction to Nonviolent Communication.

Saturday, January 22nd, 9:30 a.m. – 1 p.m.

Contact: Mark Backus, backusm@harboret.com.

Join us for a video introduction to Nonviolent Communication, “The Basics of NVC.” Even if you’ve seen this series before, come for a review and then help us all shift to a needs-based consciousness. While it helps to watch the program from the beginning, come whenever you are able. All are welcome. Light refreshments will be provided.

Wednesday Adult Spiritual Development

Happiness! Bliss! Joy!

Facilitator: Katie Williams

Date: Wednesday, June 1st and 8th

Time/ Location: 6:30-8 p.m. / TUUC Downstairs

Happiness! Bliss! Joy! Let's find some happiness and joy together! There's a ton of new research out there on happiness: Did you know happy people live longer? Are healthier? Better yet: happy people create happiness in the world around them!!! Please join us for a 2 night session: Week 1 we will learn about the latest happiness research and examine some of the "pathways to happiness" or Habits of Happy People... What does it mean to be Happy for No Reason? Week 2 we will reflect on the work of Week 1 and also discuss and examine the concept of a Happiness Project. We will look at several famous Happiness Projects (the Julie/Julia Project, The Year of Living Biblically, among others) and discuss common elements in an effort to find practical commitments we can all make in our own lives to increase our happiness.

Rise Up and Call Her Name:

A Woman-honoring Journey into Global Earth-based Spiritualities

Facilitator: Mary Rhine

Dates: Wednesdays, June 15, 22, 29

Time / Location: 6:30 – 8 p.m. / TUUC Downstairs

This curriculum is structured as a journey touching on various cultural traditions around the world. There are 13 sessions in total. Three covering Asia were presented during the fall and three more will be presented in this series, covering Mesoamerica and North America. There are many approaches to learning about other cultures. Many of these approaches help us to learn about our own feelings and thoughts as well. In this series, we will watch videos, listen to (and sing, if you like) songs, dialog, meditate, and participate in ritual. Originally designed to be two and a half hours in length, the sessions will be shortened to fit the ASD format.

Wednesday Adult Spiritual Development

Rise Up and Call Her Name:

Continued

June 15 – Mesoamerica -During this session, we become acquainted with the diverse range of feminine imagery in ancient and modern Mexico and Central America which is also known as Mesoamerica. We will hear the story of the Virgin of Guadalupe and consider how, in Mexico, the legacy of the Earth Goddess of indigenous cultures, Tonantzin, lives on in some of the contemporary adoration of the Virgin. A Chicana reflects, through her own prayer, poetry and story on the meaning of la Virgen de Guadalupe in her own life. We will dialogue with one another about our views of the nature of goddesses. We will also learn the important meaning of corn to cultures that have inhabited this part of the world for centuries and take time to dream about our own seed corn.

June 22- Native American - As we move to North America, some of the beliefs and practices of the Lakota frame our next adventure. The Lakota are one of the first peoples who live in the center of the North American continent. We will begin by enacting a special honoring of the directions of the Earth. We will learn about the power of masks which are important to many Earth-based spiritual traditions. By viewing the masks of a Lakota Sacred Pipe Woman and hearing her words, we will consider the history and contemporary meaning of masks to Earth-based traditions. We may begin to design our own masks which will give us a chance to express, in visual medium, the personal impact of our journey. We will hear the sacred story of White Buffalo Calf Woman.

June 29 - Native American - During this stop on our Journey, we will hear a creation story focusing on Spider Woman, an important figure for many Native American peoples, and create a group web. We will view a selection of visual images from the four directions of the continent that show the power of the female in the cultures of the first peoples of North America. Bring your mask design from the previous session, as you may continue to work on it. We will also celebrate Changing Woman, a deity that is very closely connected to Spider Woman.

Religious Exploration (RE) Children and Youth Programming

At TUUC, we offer an open atmosphere to begin, continue, and deepen your religious journey. Our hope is that we can connect with you and your family through our Sunday services and other activities for children, youth, and families. Our purpose is to support families as they nurture their children's social, emotional, and spiritual growth. We work to teach and model the values which hold us together as Unitarian Universalists. For more information on children and youth programming please see our Director of Religious Exploration, Lori Fernholz-Hartman, dre@tuuc-wa.org. Please find brochures about Unitarian Universalism, Religious Education, and our TUUC Children and Youth programs in the foyer on our pamphlet rack.

9:30 Service:

- *Nursery Care for children 3 and under
- * Preschool: Chalice Children taught by Heidi Severn and Lori Fernholz-Hartman
- * KG-1st Grade: Creating Home taught by Debbie Cafazzo
- * 2nd-3rd Grade: Moral Tales taught by Anne Tumbusch

11:15 Service:

- *Nursery Care for children 4 and under.
- *Kindergarten-3rd Grade teaching team: Lori Fernholz-Hartman, Krissy Kim and Holly Gorski
- *4th-6th Grade: Amazing Grace taught by Heather Urschel
- *Our Whole Lives for Jr. High: led by Scott Redman, Phil Paulson, Darla Brunnuquell, Louise Andersen and Jennifer Johnston
- *Youth Group for 9th-12th Graders led by Youth Advisor Anne-Marie Davidson

RE Social Activities

Pool Party

Saturday, January 23 at the Fife Pool in Tacoma
12:00-3:00 p.m.

Join all your UU friends and bring more friends to the open swim at the Fife pool, then you will have the option of going back to TUUC for pizza and dessert.

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Multigenerational Worship

-A time for us to worship young, old and in between. A service for all ages and stages.

Sunday, April 24, 9:30 and 11:15 - Flower Communion-
In this Unitarian Universalist tradition we explore the history of four spring celebrations: Spring Equinox, Passover, Easter and Flower Communion. A beautiful ceremony where you bring a flower and leave with a different flower, as a blessed gift from your church community.

Sunday, June 12, 10:30 AM - Religious Exploration Sunday-
A time for the children and youth to share what they've experienced in their RE classes this year. A time for adults to celebrate their growth. A time for us to all shine and glow.

Film Documentary "The Laramie Project"

Our TUUC Youth Group, in conjunction with UU Youth Groups across North America, is showing the documentary "The Laramie Project" for raise awareness about and funds for groups that support gay, lesbian, transgender, and bisexual youth. The movie consists of interviews of the people involved with and affected by the murder of Matthew Shepard in Laramie, Wyoming, because he was gay. **Please attend this event on Friday, Feb. 25th at 7 PM at TUUC.** The movie is free but donations will be accepted and refreshments will be sold. Funds will be given to Oasis, a local group and to The Trevor Project, a national group. Peace!

Voluntary Simplicity

You are invited to join in the Northwest Earth Institute "Voluntary Simplicity" reading discussion course. The course will start January 25 and end May 24, meeting on the 4th Tuesday of the month. We will read a few short articles and discuss the meaning of simplicity, living more with less, how much is enough, and reflect on how we decide to use our time, energy, and money. Child care will be provided, upon request. If you have an interest, just let Lori know. For more information about the Northwest Earth Institute or to find out more about the course, go to www.NWEI.org. We hope you will join us as part of this thought-provoking series!

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Fellowship

TUUC Intrepids

TUUC Intrepids (adult recreational group) is an active, vital group of TUUC members going on frequent hikes, snowshoes, and the occasional game night. We share reverence for the wonders of nature and the outdoor cathedral.

To be included in the Intrepids email list for outings, contact Fran Pieterman (email preferred) tatooshie@yahoo.com or 253-359-4314, or Felice Davis felicedav@mindspring.com or 253-756-4977.

We often do impromptu outings in addition to scheduled events. Some of the events already planned include:

- 1/8 Intrepids easy snowshoe outing
- 1/14 Game Night
- 2/5 Intrepids easy snowshoe outing

Valentines Dance

Saturday Feb. 12th, 6-9:00 p.m.,
TUUC Sanctuary

Steven Garrett will be our DJ extraordinaire

Potluck – please bring food or beverage (or donate \$\$)

Do you want to help make this a fun event? Contact Susie Maharry at smaharry@hotmail.com to volunteer for the following tasks: Set-up from 5-6 p.m. (Decorate, move chairs, make coffee, set up tables, etc.) Clean up 9-10 p.m. (move chairs back, load dishwasher, wipe down tables, vacuum (remember that we need to have church in the morning and it all has to be put back to normal).

Fellowship

Dessert Potluck

Saturday January 29th

A potluck to welcome and celebrate the arrival of our new consulting Minister, Rev. Bill Graves

Third Friday Potluck

This gathering is a casual potluck lunch with an accompanying program. Look for announcements in the *Dialog* and the Orders of Service. Members help set up, make coffee, and clean up. All ages are welcome. No reservations necessary. To receive a reminder call and to offer program suggestions, contact Helen Sohlberg at 253-759-9393. We usually meet downstairs in the Social Hall on the third Friday of each month at noon from September through May.

Circle Dinners

Community Building, One Meal at a Time.

January 22, February 19, March 19, 2011.

We have a tradition of having potlucks in our homes so we can meet each other in small groups and have community building conversations that bring us together as family. You may sign up to be a guest and simply bring a dish to share with the others or you can sign up to be a Host. The Hosts designate how many people they can accommodate (2 to 8), tells each guest what type of dish to bring, and provide the main dish. The evening can be spent in lively conversation or playing games, etc. We hope you will join us at least once. It truly is a special way to get to know others in the church. Janee Cox will coordinate the dinners. Sign up during the grand coffee time between services before the date or contact Janee Cox at allisonisland@hotmail.com or 253-572-9463.

UNITARIAN UNIVERSALIST WOMEN'S RETREAT

March 4-6, 2011

It's time for our annual **UU Women's Retreat** – your opportunity to bond with fellow UU women. We will spend a weekend learning from each other, laughing with each other and loving our time to de-stress from our busy lives. This weekend is yours to use as you wish: Engage with others, spend time in quiet contemplation – or do both!

We'll be at **Camp Seymour**, located on beautiful Glen Cove, just 30 miles from Tacoma!

- **TWO** nights in heated cabins with bathrooms and showers
- **FIVE** delicious meals prepared and served by camp staff
- **OUTDOOR** activities: hiking, archery, boating, climbing wall
- **WORKSHOPS**: art, personal growth, yoga, outdoor activities
- Chair and table **MASSAGES** are back by popular demand for an additional fee (first-come, first-served; sign-in sheets will be available at the retreat).
- **KEYNOTE SPEAKER**: Northwest media personality **Dorothy Wilhelm**, host of cable TV programs, author and columnist for The News Tribune. Dorothy calls herself a porcupine trainer -- someone who can help you deal with all the prickly situations we face in life. And get you laughing while you learn.

Send in your registration TODAY with a deposit of \$50.00 to guarantee yourself a spot! Discounted price (if registered by **January 30**)...\$100.00. Full price (if registered after January 30)...\$110.00. Saturday only (no overnight stay)...\$55.00

A few scholarships are available on a first come, first served basis (*donations to the scholarship fund are appreciated; see registration form*). Registration deadline is **February 27**. To register after that date, call Laura Gardner to find out if space is available. *Cancellations will receive a refund (minus \$10) only if another person fills your place.*

Questions?? Allison Cerny (253) 752.6756, email: alcerny@gmail.com or Laura Gardner (253) 460.9678, email: lmgardner@comcast.net

Membership

Pathways to Membership

The next Pathways to Membership classes will be held on 2 Saturdays—April 16th and 23rd in the church 9 am. - noon. Breakfast goodies will be provided at 8:45 a.m. Our Membership chairs will lead each class, and key members of the congregation will also be on hand to discuss various aspects of TUUC church life. Attendance at the classes is not necessarily a commitment to membership, but provides an opportunity to get to know more about UUism in general and TUUC in particular. Become well acquainted with a small group of potential church members! Childcare available upon request. Contact Ellen Watson and Ellie Elderbroom at ellenlwatson@yahoo.com

TUUC Auction

SAVE THE DATE! This year's auction will take place on April 30, 2011. Chris George and Maryellen Martinez will be co-chairing the event again.

Pacific Northwest District Assembly

February 5, 2011 in Portland Oregon

We're delighted to welcome Dr. Ysaye Barnwell (*Sweet Honey In the Rock*) who will lead the morning keynote presentation and stir your soul. District Assembly will be held in Anchorage in 2012.

Solstice and Equinox Celebrations

We will be celebrating the Vernal (Spring) Equinox, known as Eostar or Ostara, on March 19th and the Summer Solstice, known as Litha or MidSummer, on June 18th. These celebrations will be held outdoors at the future site of TUUC just off Hwy 16, weather permitting. Look to the Dialog, Thursday email, and Order of Service for more specific details closer to the events.

Art & Music

TUUC Music Program

Adult singers of all experience levels are invited to join the TUUC choir for the Fall 2010 season on Wednesdays from 7 p.m. - 8:30 p.m. If you enjoy singing and are willing to try a variety of styles of 2-4 part choral music, come to rehearsal. We will be looking for creative and enjoyable ways to make music together and prepare special music for Sunday services.

Childcare can be provided by request. For more information contact the TUUC office at 474-4646, or the Choir Director, Rafe Wadleigh at rafetwang@gmail.com.

TUUC BAND

Meets once a week on Thursday nights -- Email us regarding location. We welcome ALL musicians -- traditional orchestra or rock -- to our weekly jam sessions! Please bring 4 copies of chords to any song you like and want us to play together. We've played '70's/'90's soft rock but are looking forwards to playing whatever you bring us! Contact: Teri at wolfwail2@gmail.com

TUUC Art Gallery

Gallery openings are open to the public and include refreshments and an Artist talk. For more information about the TUUC Art Gallery contact Kathy Crabb (kathy@starkravingmuse.com).

Spring 2011 Gallery Schedule

These artists have work that relates to nature in some way.

January 9 – February 9 - Mirka Hokannan - (Nature Prints)

Opening January 9

February 13 – March 30th - Carol Ann Johnson

(Colored Pencil and Prints)

Opening February 13

April 3rd – May 10 - Bob Lane - (Landscape and other paintings)

Opening April 3rd

May 15 – June 28 - Bill Havens (Sumi)

Opening May 15

Social Justice

WOMEN IN BLACK

WE STAND IN SILENCE because words cannot express the tragedy that war and hatred bring.

WE STAND IN BLACK, in mourning for lives broken or lost through violent acts in wars across the world.

WE STAND IN WITNESS to the suffering of victims of violence and war.

WE STAND IN SOLIDARITY with people all over the world who struggle for justice and peace.

WE STAND CONVINCED that the world's citizens can learn the difference between justice and vengeance and that we will together insist that our leaders employ nonviolent means to resolve conflict.

WE STAND FOR JUSTICE

WE STAND FOR PEACE

(Adapted from a flyer from Women in Black in Seattle.)

Tacoma's Vigil is the 2nd and 4th Wednesdays of the month, from 5:15 pm to 6:15 pm, in front of the US Courthouse at 1717 Pacific Avenue. Please contact Joan Bregger, jbregger@ix.netcom.com, for information.

Social Justice

Social Action Committee

This committee meets the third Sunday of the month at the church at 9:15 AM. For multiple social action opportunities contact committee chair Karen Forchione at karen_f@yahoo.com

Washington UU Voices for Justice

Help select issues and have a voice in Washington State politics through our UU lobbyist, contact Rev. Carol McKinley at cdmckinley@earthlink.net or phone 360-789-8074.

Conscientious Objectors Counseling

UUs have a strong history of being conscientious objectors. This contact helps young people in our community follow the steps necessary to become accepted as a conscientious objector. Contact Howard Welsh: hwwelsh@msn.com

Dr. Martin Luther King Jr. Service Project

Come help assemble care packages for women and children in domestic violence shelters, on Monday, January 17 from 10 AM to 11 AM in the social hall at TUUC. We will make cards to send as well.

Donations of small toiletries are needed. The YWCA especially needs toothbrushes, toothpaste, shampoos and lotions.

There will be a box in the coat room to collect donations.

This has been a TUUC tradition for many years, started by Janet Higbee Robinson, and it is always a joyful way to connect with other church members and friends.

Friday Night Sandwich Making

On the last Friday of the month, volunteers gather in the Church Social Hall at 5:30 p.m. to prepare sandwiches for distribution at a variety of locations. Donations of bread, meat, cheese, peanut butter, jelly, condiments, fruit, cookies, and sandwich bags are welcomed. For more information or to volunteer, contact Connie Andersen 253-770-6662 or Betsy Maier 564-8487.

Social Justice

YES We Can! – Third Sunday Food Drive

On the third Sunday of the month, food and/or cash donations are collected at the church for distribution by the FISH Food Bank. Transporting the collected food to the Food Bank is a 2010 TUUC Youth Group project. We need 2011 volunteers to take over this project. For information contact Youth Director, Anne-Marie Davidson at amkdavidson@gmail.com or Karen Forchione at karen_f@yahoo.com.

Fair trade, shade-grown, organic coffee will be sold between services (during the Grand Coffee Time) on specially announced **Sundays**, Call Joan Benderson at 253-566-4334 with questions or to arrange a coffee purchase at other times or locations.

Serving at Hospitality Kitchen

The Hospitality Kitchen provides breakfast and lunch Monday through Friday. Breakfast is served from 8:30-9:30 a.m., lunch from 11:00 a.m. - 12:30 p.m. On the third Thursday of the month, TUUC volunteers serve breakfast and lunch. New volunteers are always welcome and should contact Joan Benderson at joan.benderson@nventure.com or 253-566-4334

Sunday Supper at the Tacoma Avenue Shelter (1142 Court E)

TUUC groups (such as covenant groups or chalice circles) are encouraged to prepare an evening meal of sandwiches, cookies, and fruit/vegetable for up to 140 individuals on the first Sunday of the month. For more information contact Diane Harney at harneydm@gmail.com.