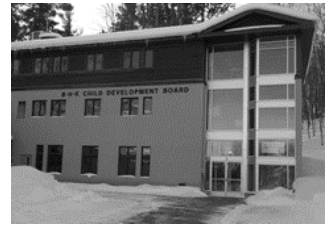


yUUper Newsletter

Keweenaw Unitarian Universalist Fellowship

"We affirm the inherent worth and dignity of every person."



Sunday Mornings at 10:30 November 2018; Vol. 33, #11

BHK Building (700 Park Ave., Houghton). Enter on North Side, off Waterworks Drive

Sunday Schedule for November 2018

This Month's Theme: Ancestors

Nov. 4: Baha'i Service. Laleh Vahdat will give us an introduction to the Baha'i faith through music, readings and video. **NOTE: Daylight Savings Time ends today; Fall Back** an hour.



Nov 11: "Marking the Heart: The Uses of Memory," with Rev. Laurie Bushbaum. What are memories for? How do they guide us, teach us, and sustain us?

"As my mother declined from dementia, I noticed how memory helps everyone find our place in life. Memories are markings on our heart, the hieroglyphics on our interior walls."

Nov 18, Forum: Katie Couric Documentary Film, Dave Watkins hosts. In collaboration with the Houghton/Keweenaw Chapter of PFLAG (Parents, Family and Friends of Lesbians and Gays), we will view *Gender Revolution: A Journey with Katie Couric*, a 2017 documentary that explores our evolving understanding of gender identity and the need for greater inclusion.

Nov 25: Paul Mitchell speaks on "Living Gratefully... After the Big Meal." Gratitude is often considered a learned skill, but through practice we can include gratitude in our daily lives. Does this relatively recent focus on gratitude relate to ages old responses to our search for meaning? I'm not sure, but I think it's interesting to think about and share.



Board Prez Watkins Clarifies Mitchell Hiring Status

With the Congregational Meeting on October 14th, the Fellowship voted unanimously to ignore for one time the hiring methodology described in the By-Laws. With this vote, the Board has permission to negotiate a contract with Paul Mitchell to become the KUUF's first lay minister, a part-time position.

As this newsletter goes to press, the Board is working with Paul on the details of a contract, adhering to the general information provided to the Fellowship.

Board President David Watkins says that "We hope to have everything worked out by the coming Board meeting (October 28) or shortly thereafter. Paul will be leading the service on November 25 and has suggested December 1st as an official start date for his new position."

Caring for the Heart and Soul

By Rev. Laurie Bushbaum

I write this the day after Brent Kavanaugh's confirmation to the Supreme Court.

As a survivor of sexual assault, this is a day that I have chosen to stay home. The world is just too much for me today: the bullying of women, the charade of justice, the willful tolerance of the violence behind "boys will be boys," white privilege and economic privilege.

And yet, while my heart is hurt, and my soul bruised, I know I will get up and stay the course in a day or two. I know that I will continue to stand for what is right and just. I know this

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because through my volunteer work in feline rescue, today I agreed to foster a mother cat and her six kittens which were found abandoned.



While I care for this mother and her babies, my heart is healing. I am tending life in the way that I can right now. These saucer-sized kitten eyes melt a bit of the rage.

Despite my momentary despair, the antics of these kittens make me laugh with delight. Hearing them purr under my hands for the first time, reminds me that I still have power for goodness that I can spend in the world.

What are you doing to take care of your heart and soul in these days?

I look forward to my visit with you on November 11th. In faith and peace,

Laurie Bushbaum

The Joys of Being a Choir Member: A Remembrance of Musical Pleasures (and a Few Blunders)

By Jan Dalquist

Pete, Carol Ekstrom and I recently spent some time reminiscing about singing in our respective church choirs. We each recalled fondly that special time in our lives.

Many people say they cannot carry a tune, but very few people cannot sing. And if you can get through "Happy Birthday" standing in a group in front of someone facing a cake, you are in a choir!

There is no reason except a fear of commitment for not joining a church choir. With a professional director you can learn to use your voice in ways you never thought possible, but it does require time spent in honest learning.

Benefits: It stretches your brain. Learning music is like learning a new language, but more fun. And you get to work on a joint project.

You learn how other people solve musical problems and make them part of your own abilities.

You learn what "blending" means. You learn that practice not only makes perfect, it can make major mistakes possible!

You will get great satisfaction in pulling off a presentation. Listeners may even clap when you are done! They could also "hiss," of course, but that seldom occurs with voluntary singers. After all, every musician makes mistakes.

To wit: On one occasion, Audrey Frair approached me after I had bumbled through a difficult piano accompaniment during a church service. "That was a bit difficult for you, wasn't it?" she asked sympathetically. "You bet," I replied. And it showed. Another time I was practicing over and over a Mozartian trill that was making my eyes roll back in my skull.

Isabelle Hagen came trotting over in her usually officious manner, sat down tightly next to me, causing me to move onto the end of the piano bench. "Do it this way," she instructed.

A member of the trio I was accompanying asked, "How can you put up with that?" My response was "You can learn more from that woman in five minutes than taking lessons from anyone else for a year." I meant it, and with Isabelle's help, I managed the trill just fine during the presentation.



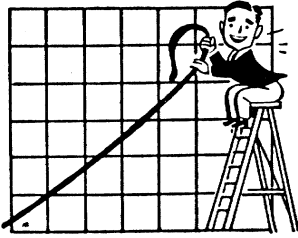
I wept when I could no longer sing. It happened after three consecutive years of serious laryngitis. I conferred with Milt Olsson, with Isabelle and Audrey, and with my doctor. I tried practicing at home. I seldom can get through the first stanza of a hymn without a cough, and the high soprano voice I enjoyed using while in high school, and in my church choir days, has sunk between the alto and tenor level. I long for the days when I could sing!

We are fortunate to have two fine professional musicians with Sandra and Alex at KUUF. My experience in having played in at least five of the local churches tells me that there are few in our area that are as good.

I know that KUUF has singers in our midst. They need to walk over to the choir corner and learn from our musical leaders. This will enhance not only their own faith experience, but also those who look up to them from the audience.

KUUF Finances: "We're in Good Shape"

According to Bill Leder and the Finance Committee, KUUF's financial position is solidly in the black. Here is Bill's report:



"The canvass undertaken last spring raised \$70,180 in pledges. The goal was \$67,000. Thus, we exceeded our objective by 4.7 %, an accomplishment about which we can and should be proud," Leder said.

"For the months or June through September (first four months of the current fiscal year), Pledge income totaling \$22,600 came in. On a straight-line basis, \$23,400 in pledge income was expected.

"These values are close enough to each other to conclude that we are in good financial shape with regard to income at this point. Pledge payments, of course, do not include the \$3,000 in budgeted revenue from the Goods and Services Auction set to take place on October 27.

"In addition, our reserve account (Savings and CDs at Superior National Bank) stands at \$71,300. And, it's worth remembering that we have no debt.

"Overall, KUUF's financial position is strong."

DVD Series on Bible and Qur'an Now Available for Group Viewing

Bill Fink has graciously purchased a new DVD series titled "The Bible and the Qur'an: A Comparative Study," and he will be offering it for group viewing. Twenty-one lectures by Prof. Gabriel S. Reynolds, Ph.D.

The DVDs will be viewed over several weeks, probably from 11 to 1pm on Fridays at the KUUF office, starting in early November.

Make your own PB&J and join the group. Call or email Bill if interested: 482-4632, or billfink@chartermi.net.

News Item *Not* from our Newsletter

Barbara C. remains in the hospital. She is having trouble sleeping and requests tapes of the pastor's sermons.

Earlier DVD Series Now Available Through KUUF Library

The DVD series "Comparative Religions" by Prof. Charles Kimball and the companion course guidebook are now available in the KUUF library.

A group of eight KUUF members enjoyed viewing this series and addressing the study questions over brown-bag lunches. Perhaps someone would like to form another group to take it up now, or it can be checked out by individuals.

New KUUF Office Manager Reveals Available Times at Trinity Office

Martha Cummings Shapton, new office manager, will be in the office on Tuesdays, 5:30-6:30pm, and Thursdays from 1:30 to 6:30 or 7:30.

Old timers will recall Martha's daughter, May Amelia, who is the new child care assistant.

Stress Reduction: A Book from Our KUUF Library Shows How

Do you suffer from stress? Would you be



interested in a book that could potentially change your life? If so, our library has an outstanding resource that should help: *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*, by Jon Kabat-Zinn, Ph.D. The author founded the Stress Reduction Clinic at the

University of Mass. Medical Center, and he serves there as director.

Since publication the book has become, as one critic has said, "A revolutionary national bestseller." A colleague describes the book as "a remarkably clear and practical guide to meditation. This is a truly profound book in its deceptive simplicity and insight."

The book offers reasons for developing a personal practice of *mindfulness*, encouraging the reader to experiment with it.

"Mindfulness," the author says, "means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally."

"Meditation means cultivating a non-judging attitude toward what comes up in the mind, come what may." While practicing this, the reader should use breathing to nurture mindfulness.

Author Kabat-Zinn suggests several positions for meditating: "Sitting meditation involves sitting in an upright, dignified posture, often for extended periods of time." The reader should keep things simple and begin by focusing attention on the sensations of breathing, not on the reasons for stress.

The reader may also use other postures for meditation. The author devotes chapters to meditating while walking, standing, or lying-down. He includes chapters on mountain, lake, and loving kindness meditations, and briefly even talks about yoga.

Kabat-Zinn reminds us that, "Mindfulness is the very opposite of routine." One can practice it almost anywhere, doing ordinary things in the house in a mindful way. The KUUF library has one copy available for checking out.

Bob Fiandt



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