



yUuper Newsletter

Keweenaw Unitarian Universalist Fellowship

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



Sunday Mornings at 10:30 December 2019; Vol. 34, #12

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

Sunday Schedule for December 2019

Dec. 1: Wil Shapton will lead the group. No information is available at press time.

Dec. 8: Forum. "How to Enjoy a More Sustainable Holiday Season." The KUUF Green Sanctuary group will show us ways to make traditional holiday activities more sustainable with gift giving and wrapping, holiday decorations, food preparations, and party planning.

Dec. 15: Since December 7th is the anniversary of the **Pearl Harbor** attack, the date reminds us of the travesty of Japanese American internment.

In this service, a week after the anniversary, Paul and Jack Jobst will explore some historical and religious implications of the internment.

Potluck today; bring a dish to pass. **Congregational meeting** to occur during dessert.

Dec 22: Women's Solstice Celebration, an experiential and spiritually evocative look at the Winter Solstice, with Shirley Galbraith, Elen Mauer, Connie Sherry, and Sharon Levine.

Tuesday, Dec 24: Christmas Eve Service at 5 pm, BHK. Join us for a no-rehearsal play retelling of the Christmas story. There's a part for you to play and several familiar carols to be sung.



Dec 29th Year-end Open Mic. Bring your poems or short stories to share. We ask that everyone keep their contribution to 3 minutes or less so that others may also participate.

Lay Minister Paul Mitchell Proposes Contract Changes

Board president Dave Watkins reports that Paul Mitchell proposed to the Board in November that his contract be changed from ½ to ¾ time, and that his contract be extended two years beyond the original terminal date of December 31, 2020.



"Paul works as a *contract minister*," Watkins reports, "rather than as a *called minister*, as with Chris. Although many

fellowships operate this way, the technicalities of such a method are difficult to ascertain."

"And the By-Laws are also vague," Watkins reports, "on how to handle changes in the budget during midyear." Nevertheless, the Finance Committee, has said we could handle this change if the Fellowship and Board approves."

The congregational meeting on 12/15, after the service, will be an opportunity for all to consider these changes to Paul's contract.

Because Paul's tenure with us has been so short, Watkins has proposed uncoupling the two requests by first considering the increase to ¾ time, to take effect in early 2020, but holding off on approving the contract extension until spring, after next year's canvassing, and work on the 2020-21 budget, and after the Fellowship has had a chance to evaluate Paul's work thus far.

Paul has tentatively agreed to this.

Paul has also stated that he has discontinued his work with the Marquette UU Fellowship.

The KUUF Board will meet on the same day as the Fellowship's congregational meeting to further discuss this issue.

Social Activities Group Plans Green Holiday Celebration on 12/8

Those who remain after the December 8th Forum can share in a special celebration involving a free lunch, and possibly, live music, according to organizers, Miriam Pickens and Lora Repp.

In keeping with the forum's theme, the organizers have planned a green gift exchange. Thus participants are encouraged to bring a gift that is recycled, reused, repurposed, or homemade, and wrapped or bagged in recyclable material.

Fellowship members are also asked to bring a plate of holiday cookies or treats to share, if possible.

KUUF Members Come Through with Donations for Local Charitable Requests

An annual request from Little Brothers-Friends of the Elderly involved 25 jars of jam from KUUF for use as holiday gifts for the area elderly, and the Fellowship reached its goal, according to coordinator, Barry Elizabeth Fink.

Fellowship members also gave an additional \$20, and Barry reports that these funds purchased items for stocking the Rapid Rehousing closet in the lay minister's office. This Fellowship charity will need frequent replenishment from KUUF members.

KUUF Donations Now Possible On-Line

KUUF is now accepting donations online via our website, according to Bill Leder of the Finance Committee.

Bill suggests Fellowship members visit <http://keweenawuu.org> and click on the "GIVE" tab, located on the top right of the home page.

This will take the user to a "Donate" page with a yellow "Donate" button. The person may then click on this button to make a donation via Paypal, a credit or debit card.

Fellowship members may make a one-time donation or set up a recurring monthly amount. The Fellowship, of course, still accepts traditional donations by cash or check.

Local Organizers Establish "LifeRing Secular Recovery Group"

Life Ring, is "a self-help recovery network for individuals who seek group support to achieve abstinence from alcohol and other addictive drugs," according to Oren Tikkanen, KUUF member and LifeRing convener.

The difference between it and other self-help organizations is that LifeRing includes people of all religious faiths or none. Meetings are free of religious observances.

"You are not required to label yourself as an 'alcoholic' or 'addict' to participate," Tikkanen says. "A desire to be clean and sober is the only requirement for being there. You do need to be clean and sober at the time of the meeting in order to speak."

"The basic LifeRing philosophy is summarized in three words: Sobriety; Secularity; and Self-Help.

Secularity means that your religion or lack of it remains your private business in LifeRing. Our recovery process relies on "S-to-S" (sober person to sober person) connections with other human beings. Whether you believe in a Supreme Being is not important in LifeRing. What is important is that each person takes responsibility for his or her own recovery and is available to give support to others."

Self-Help means that each participant develops a personal recovery program tailored to the person's own particular background and needs.

For more information, contact Oren Tikkanen.

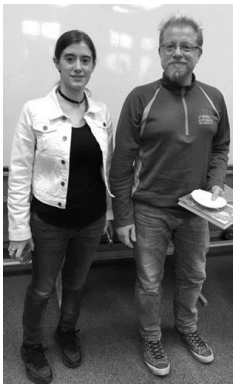
Recent KUUF Econo Receipts Tally Reaches \$90.

The KUUF Econo receipts coordinator has submitted another batch, totaling \$90 that goes into the general treasury.



Green Sanctuary Committee Expresses Thanks

This fall, the Green Sanctuary Committee encouraged KUUF members to walk, bike, or carpool to Fellowship. Twelve people took up this challenge, and the Committee wishes to thank them. According to Miriam Pickens and Carol Ekstrom, "they deserve a Gold Star for their concern with the environment and sustainability."



"Gold Star" KUUF members who showed support this fall for the environment



KUUF Women Form Local Support Group

A group of KUUF women from diverse backgrounds with a wide range of experiences, and seeking an opportunity to listen to each other, learn from each other, and care for each other have begun meeting. They welcome new members as they get organized.

They first met on October 24th when 12 women attended.

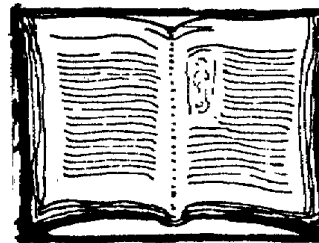
At that meeting the group discussed logistics and guidelines for future meetings," according to Lora Repp, one of the organizers. "Everyone agreed that the group should be flexible and evolve as we go along, but we did decide on a few points to get us started:

"We will generally meet on the second Thursday of the month, and the meetings will begin at 5:15, wrapping up around 6:45."

"Meetings will begin with a short gathering time with drinks and snacks provided by volunteers."

"Meetings can be hosted by members or be held in the KUUF office if it is a better fit for that month."

"The meetings," Repp says, "may focus on particular topics, but primarily it will be a listening group where we can share what's happening in our lives and find strength through connecting with others."



The Dalai Lama on Happiness From Our Library, by Bob Fiandt

Would you like to increase the amount of happiness in your life? The KUUF library has a book that might interest you: *How to Be Compassionate: A Handbook for Creating Inner Peace and a Happier World by His Holiness the Dalai Lama*, translated and edited by Jeffrey Hopkins. (2011, 147 pages)

The basic idea of happiness, according to the Dalai Lama, "lies in being intimately concerned with the welfare of others." This is compassion.

The author has chapters on compassion as the origin of relationships, the path of alleviation, the foundation of equality, and the support of human rights.

The Dalai Lama cites a crucial fact—"other sentient beings want happiness and do not want suffering, just as you do, which makes everyone equal."

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The Dalai Lama on Happiness (continued)

The goal of society is compassionate improvement of all from moment to moment.

"If you are able, you should help others. If you are not able, you should at least not harm others." His impassioned request is that you exercise compassion regardless of your religious beliefs.

How do we encourage the development of compassion, and happiness, in our daily lives? The Dalai Lama provides a number of exercises and meditations that make his ideas more accessible.

The Dalai Lama's book is ready for check-out.

Keweenaw UU Fellowship

Home Page:

<http://www.keweenawuu.org/>

On Facebook:

<https://www.facebook.com/keweenawuu/>

Koffee Klatsch: Every 2nd and 4th Fridays at 10 AM. Roy's Bakery. **For December, the Klatsch will meet on the 13th and 27th.**



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