

UNITARIAN UNIVERSALIST CONGREGATION OF WILMINGTON



BEACON JANUARY 2019

OFFICE HOURS

MINISTER

REV. CHERYL M. WALKER

TUESDAY 11AM – 4PM

WEDNESDAY 11AM – 4PM

THURSDAY 11AM – 4PM

AND BY APPOINTMENT

DIRECTOR OF RELIGIOUS EDUCATION

LESLIE O'CONNOR

MONDAY 10:30AM - 3:30PM

WEDNESDAY 10:30AM - 3:30PM

THURSDAY 10:30AM - 3:30PM

ADMINISTRATOR

JULIE BURCHAM

TUESDAY 9AM – 2PM

WEDNESDAY 9AM – 2PM

THURSDAY 9AM – 2PM

FRIDAY 9AM – 2PM

***SUBJECT TO CHANGE - PLEASE CALL
AHEAD**

JANUARY WORSHIP SCHEDULE

JAN. 6

REV. CHERYL

JAN. 13

REV. CHERYL

JAN. 20

REV. CHERYL W/CHOIR

JAN. 27

WORSHIP TEAM

UUCWNC BOARD MEMBERS

PRESIDENT: BILL SINGLETON

VICE PRESIDENT: DON SMITH

SECRETARY: TAMMY ELLISON

KAREN GOTTOVI

MIKE HOSICK

MELTON MCLAURIN

RICK NIDA

BETH O'CONNELL

PAMELA WAITE

TREASURER: JOHN GRIGSBY

BOARD OF DIRECTORS

It's the beginning of a new year. The clichéd resolutions are being penned faster than the speed of a sports fanatic's remote finger gliding through the options on Spectrum's 'Every Single Game, Super Premium Sports Package' on a Sunday afternoon.

We all recognize the most popular self-deceptive pledges:

1. Losing weight, getting regular exercise, and eating in a healthier fashion ("I'll take that lima bean, beet, and prune smoothie to-go in my gym bag!")
2. Quitting noxious habits, like nail biting, spending hours looking at cute cat videos, and trying to predict what the next coupling of 'country, faux criminal act, specious effect on Americans' POTUS will invent. ("I'm guessing it will be Iceland, hoarding 1971 Malibu dashboards, and tooth decay.")
3. Saving money by clipping coupons, eating at home more often, cutting back on gifts. ("When I cancelled our dinner reservations my partner handed me a can of lima beans, two beets, a package of prunes and told me to go 'puree' myself.")
4. Being more patient with/loving towards/tolerant of the truly annoying, ill-informed, personality-challenged characters in our lives. ("Why yes, Phillip, I'd love a sip of your lima bean, beet, and prune smoothie while you explain why your dental bill was so outrageous. Iceland? Really? Hmm...that's certainly a credible explanation.")

Published research suggests that between 80-95% of all New Year's Resolutions fail by February. Why manufacture evidence to prove you're powerless to be anything but yourself? (Which is a strange combination of masochism and self-affirmation, right?) Instead, here are five achievable alternatives:

1. Make a habit of saying 'thank you' every day to someone whose thoughtfulness you appreciate during an everyday transaction. Better yet, tell their boss.
2. Laugh...even if it means going onto YouTube to look at cute cat videos. Share the video that made you giggle the hardest with someone who needs a mood boost.
3. Do something nice anonymously. Pay for the tab of the guy next to you in the diner, pull your neighbor's garbage and recycling bins out to street, put an extra umbrella in your car and offer it to someone caught in the rain.
4. Bring cookies to church. Buy them, bake them, we don't care. (Just don't bring lima bean, beet, and prune cookies unless you want the Wrath of RE youth to befall you.)
5. Make a list of all the wonderful things about yourself you wouldn't change for the world. Make sure to include that you tell folks you are grateful for their doing a good job, that you look for opportunities to cheer others up, that you do good deeds without expecting reciprocation, and that you bring cookies to church!

MINISTER'S MUSINGS

Every year I get cards from friends that include a synopsis of their year. I've often thought I should do that too. I think about it and then I never get it done. I don't know if it's because it would take too long or simply because I don't want to remember the whole year. Certainly, there were things that were wonderful and joyous to remember that I would be glad to share. But there were also things that were staggeringly heart breaking that I would just as soon forget. So I don't end up writing that letter, instead I think about the coming of the new year.

The past is the past, it cannot be rewritten not matter how much we wish it could be. The present is the present, we can only experience it as it happens. Only the future can we control, to the extent we can control anything. And the first thing we can control is what we want to make of our future. Without a vision of the future, we cannot make history we can only be pushed around by it, to paraphrase James Luther Adams. So now is a good time for us to think about a vision for our future.

My vision for our future can be summed up in one word – growth. I don't specifically mean growth in numbers. Though growth in numbers means that more people have been blessed with all that Unitarian Universalism has to offer, which is a good thing for all of us. I am thinking about growth in different ways. I am thinking more about growth in the depth of our connections to each other, to this congregation and to our faith. I am thinking about growth in our personal spiritual lives.

When we grow in our connections our lives are fuller. Fuller because we know that we travel this journey of life with others who will share life's joys and sorrows. People who will know who we are and greet us with warmth whenever we meet. A simple greeting by name makes us feel that we are known, and we all need and want to know that we are known.

When we grow in connection to our congregation, we become more generous of our time, wisdom and resources. We are glad to help build a stronger community for ourselves and for those yet to come. Knowing that we have helped build our community makes us feel that we are needed, and we all need and want to know that we are needed.

Growing in our spiritual lives means we feel a deeper connection to what we, Unitarian Universalists, call the web of existence. It reaches past time and space to all that has been and all that shall be. We find that we are part of something that is sacred and holy and we all need to and want to know that we are a part of the sacred.

My hope for all of us is one that I hope each year, that our tears of joy far outnumber our tears of sorrow. May we all grow in the depth of our connections and in the depth of our spiritual lives. May we have a good year.

Peace and many kind blessings,
Rev. Cheryl

RE Reflections

Jeremiah 29: “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”

This holiday season I spent some time with my life-long best friend and soul sister, Barbara. She lives locally, and we get together at least twice a month to have a meal and talk about things that best female friends of a certain age talk about. I’m the (fairy) godmother of her youngest daughter.

Imagine my shock, mixed with a touch of envy, as Barbara revealed her Christmas gift from her (grown) children – a four-inch tattoo of a sunflower, drawn years ago by one of her daughters, and the words: ‘Jeremiah 29’ in beautiful, classical script. Now being my best friend, Barbara knows that the Bible is not a book I chose to memorize, growing up UU and I was not immediately familiar with Jeremiah’s specific thoughts for proverb number 29: I was comforted when she simplified it for me by just saying that God has a plan for you. I get that.

Well that’s great. I’m now the only closer-to 60-year-old-than-50-year-old person without a tattoo in my entire world. And the God/Goddess of my personal faith most assuredly does not have a plan for me. But wouldn’t that make it so much easier? I do hold faith in Max Ehrmann’s idea that ‘whether or not it is clear to you, no doubt the universe is unfolding as it should...’ but I perceive this to be on a much larger scale, and it really says nothing about a ‘plan’ but more about natural forces with scientific causes. At least to me.

I’m not one to make New Year’s resolutions because I can’t fathom consciously making a promise to myself that will do nothing but cause me additional stress. But maybe I could choose 2019 as my personal Year of the Tattoo. It wouldn’t even cause any stress unless I remain inkless when November or December rolls around. I’ve been thinking about getting a tattoo for years, really. It’s always the same tattoo, double-rings with an off-center chalice. My adult nephew, Daniel, has had a chalice tattooed on his back for years. He told me to anticipate lots of questions – everyone knows what a cross is, but most are unfamiliar with our UU chalice. I think that’s added incentive to go under the needle. Oh, and I can take Daniel to Tattoo Tuesdays at Flaming Amy’s and get a discount.

Shalom,

Leslie O’Connor
Interim Director of Religious Education



GENEROUS LIFE TEAM

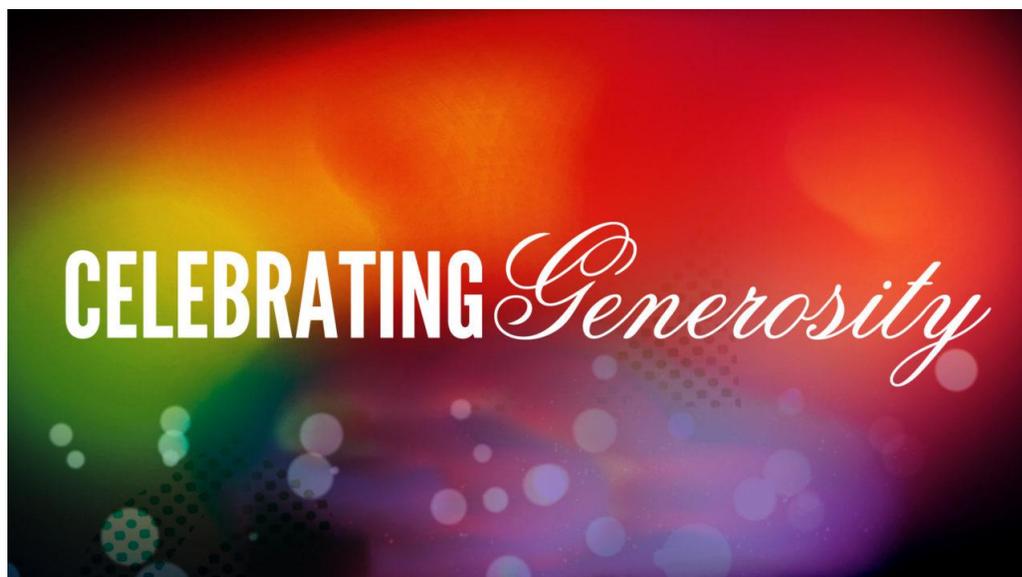


Join Us in a Discussion About Generosity

Being generous with our time, wisdom, and resources is one of the most effective ways to build relationships with people and organizations that become our strongest support systems. It is not a coincidence that people who have a generous spirit become our closest friends, share in our most important experiences, and provide us with the support we need to lessen our suffering and increase our joy.

Please join us in exploring the topic of generosity by attending one of the upcoming **Generous Life Cottage Meetings**. The Cottage Meetings are designed for small groups to spend just an hour and a half discussing our personal experiences with generous people and how that kind of generosity can manifest itself within our congregation. We will discuss what obstacles make it difficult to connect with others in a generous way and generate practical ideas for making it easier. Following the meeting's we will report back to you on the ideas and feedback that we collect from these discussions.

Sign-up sheets will be available in the foyer on Sundays to attend one of the meetings at a time and place convenient for you. We are not asking for money, looking for volunteers, or committing you to any activities! The Cottage Meetings are designed to be an opportunity to think about the role of generosity in our lives and to make our shared experiences at UUCWNC more rewarding.



THANK YOU, UUCWNC VOLUNTEERS!

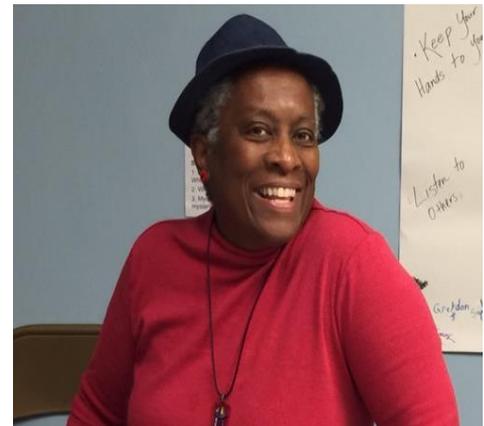
The Generous Life Team (GLT) acknowledges the many volunteers who provide their time and talents to make UUCWNC a special place for each of us to grow our faith.

This month we highlight the teachers of our Religious Education Program who work with Leslie O'Connor, Director of Religious Education, to provide classes for our youth. Parents and caregivers choose Unitarian Universalist congregations for their child's religious education because of the community dynamic that helps raise children to become kind, respectful, fair-minded, caring – but strong enough to side with love and fight for justice. Participation in UUCW's religious education programs is supplemented by worship, social justice work and multi-generational gatherings that reinforce the lessons taught at home. These volunteers nurture truth-seeking, spirituality and progressive moral values that will continue to shape and support our children as they grow.

Thank You Teachers!!!



Above: (L to R):
Pat F., Sara F, Gordon S., Vaishali E., and Toni A.



Above: Elizabeth T.
Not Pictured: Jane H. and Jane Q.

Caring Committee



Acting in concert with the minister, members of the Caring committee provide short term support, care and assistance to UU members and friends who are experiencing illness, injury or crisis. We are here for you. Please let one of us know if we could provide a meal, a ride to church or the doctor, an errand or just a friendly visit. Your personal information will be held in the strictest confidence.

If you are looking for a way to make a difference within our beloved community, consider offering to make a meal, give a ride, or provide a visit when needed. If you are interested, please contact any of our members: Carol Anne Davis, Diane Halley, Jeannie Lennon, Jane Linn (January Chair), Kami O'Keeffe, Tina Schenk, Kim Singleton and Rev. Cheryl M. Walker.

Full Moon Gathering for the New Year 2019

This year in January a total lunar eclipse will be visible from all of North America happening a few hours before the peak of the full Moon. The Full Wolf Moon reaches its peak on January 21, 2019 at 12:16 AM EST. A lunar eclipse occurs when the Moon passes into the shadow of the Earth turning the usually white moon into an ominous red moon which is sometimes called a “Blood Moon”.



The Full Moon gathering will be on Tuesday evening January 22 at 7:00pm. Our High Priestess will be Jane L. and hostess for the evening will be Eliza. As always, we will be celebrating our womanhood and the goddess that influence us and our homes especially during the Full Moons.

All women of any age are welcomed to these gatherings. However, if you plan to attend, please RSVP to the Full Moon’s email address, fullmoon@uufwilmington.org. This email can also be used for any questions or for information about the Full Moon gatherings including directions.

NEWS from the MEMBERSHIP team



The November Welcome Classes ended Sunday, November 11 on a very positive note! Class size varied during the three classes resulting in an average number of 14 participants in each class. All participants reported that they were satisfied with the information that they received and enjoyed the comradery during the classes. Next Welcome Classes will be around April 2019. Please stop by the Welcome Table in the spring for further information.

Membership is an individual commitment but does require a private meeting with Rev. Cheryl before the church membership book can be signed. This being said, you are encouraged to become a member of the church to benefit from all that our members enjoy.

The WELCOME Table



The mission of the Welcome Table is to provide a warm welcome on Sunday mornings **to our visitors, members and friends**. In addition to providing *Welcoming*, the Welcome Table provides *information about the church* and in particular *Membership*. *Childcare and church activities information* is also given out at the Table.

GREETING

Please consider greeting on Sunday mornings. Just stop by the Welcome Table after Sunday services to sign up for a date/s to greet!

Membership team: Tim Gugan, Diane Miller, Carol Anne Davis, Tina Schenk, Merritt Blalock, Margaret Armstrong, Kami O’Keffe and Rev. Cheryl M. Walker.

2019

Happy New Year!



Navigators Scouts Chapter 109

January meetings: Wednesdays, 1/2 and 1/16, 6pm, Dobkin Hall

Co-ed scouting group for all genders, ages 5 to 18

Join us on the 1st and 3rd Wednesdays of each month for a fun scouting experience! We’ve been working on conservation and camping badges, and we welcome new students...come see what we’re all about! We welcome all genders, sexualities and abilities.

For information, email: chapter109@navigatorusa.org and/or join our Facebook group for updates:

<https://www.facebook.com/groups/1480816658913681/>
(or search for Navigators Chapter 109)

We hope to see you there!

JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>10:15 AM Worship Service (S)</p> <p>4:30 PM Set up SSC (S, C1,2)</p> <p>5:00 PM Spiritual Soul Center (S) (C2,1)</p> <p>6:00 PM AA Group (D)</p> <p>6:00 PM Clean-up SSC (S, C1,2)</p>	<p>31</p> <p>3:45 PM RGMS Cheer (D)</p> <p>6:30 PM Beginner's Yoga (D)</p>	<p>1</p> <p>CHURCH OFFICE CLOSED</p> <p>10:30 AM Yoga (D)</p> <p>1:00 PM Gentle Yoga (D)</p> <p>6:00 PM S-Anon (C2)</p> <p>6:30 PM Set up Zen</p> <p>6:50 PM Zen Group (D)</p>	<p>2</p> <p>10:00 AM AA Group (D)</p> <p>3:45 PM RGMS Cheer (D)</p> <p>5:00 PM Recorder Consort Practice (S)</p> <p>6:00 PM Navigator Scouts (D)</p> <p>6:45 PM Choir Rehearsal (S)</p>	<p>3</p> <p>12:00 PM Ministerial Round Table (D)</p> <p>7:00 PM SMART Recovery (A2)</p> <p>7:00 PM WPYG (D)</p>	<p>4</p> <p>8:00 AM Weekly Cleaning</p> <p>1:00 PM Mah Jongg Group (C3)</p>	<p>5</p> <p>10:00 AM Set Up AA Group (D, C3)</p> <p>11:00 AM AA Group (D)(C3)</p>
<p>6</p> <p>9:30 AM Quiset (D)</p> <p>9:30 AM Worship Service (S)</p> <p>9:30 AM Youth Religious Ed</p> <p>11:00 AM Worship Service (S)</p> <p>4:30 PM Set up SSC (S, C1,2)</p> <p>5:00 PM Spiritual Soul Center (S) (C2,1)</p> <p>6:00 PM AA Group (D)</p> <p>6:00 PM Clean-up SSC (S, C1,2)</p>	<p>7</p> <p>3:45 PM RGMS Cheer (D)</p> <p>6:30 PM Beginner's Yoga (D)</p>	<p>8</p> <p>10:30 AM Yoga (D)</p> <p>12:30 PM ROMEO's Lunch</p> <p>1:00 PM Chalice Quilters (A1)</p> <p>1:00 PM Gentle Yoga (D)</p> <p>6:00 PM S-Anon (C2)</p> <p>6:30 PM Grow Your Soul (C1)</p> <p>6:30 PM Set up Zen</p> <p>6:50 PM Zen Group (D)</p>	<p>9</p> <p>10:00 AM AA Group (D)</p> <p>3:45 PM RGMS Cheer (D)</p> <p>5:00 PM Recorder Consort Practice (S)</p> <p>6:00 PM Progressive Book Club (D)</p> <p>6:00 PM Worship Meeting (C2)</p> <p>6:45 PM Choir Rehearsal (S)</p>	<p>10</p> <p>5:45 PM Carling Committee (C2)</p> <p>6:30 PM BOT: Exec. Meeting</p> <p>6:30 PM Grow Your Soul (C1)</p> <p>7:00 PM SMART Recovery (A2)</p> <p>7:00 PM WPYG (D)</p>	<p>11</p> <p>8:00 AM Weekly Cleaning</p> <p>1:00 PM Mah Jongg Group (C3)</p>	<p>12</p> <p>10:00 AM GLT (C1)</p> <p>10:00 AM Set Up AA Group (D, C3)</p> <p>11:00 AM AA Group (D)(C3)</p> <p>6:30 PM Wilmington Progressive Coalition Potluck (D)</p>
<p>13</p> <p>9:30 AM Quiset (D)</p> <p>9:30 AM Worship Service (S)</p> <p>9:30 AM Youth Religious Ed</p> <p>11:00 AM Worship Service (S)</p> <p>12:00 PM Soup Sunday (D)</p> <p>4:30 PM Set up SSC (S, C1,2)</p> <p>5:00 PM Spiritual Soul Center (S) (C2,1)</p> <p>6:00 PM AA Group (D)</p> <p>6:00 PM Clean-up SSC (S, C1,2)</p>	<p>14</p> <p>3:45 PM RGMS Cheer (D)</p> <p>6:30 PM Beginner's Yoga (D)</p>	<p>15</p> <p>10:30 AM Yoga (D)</p> <p>1:00 PM Gentle Yoga (D)</p> <p>6:00 PM S-Anon (C2)</p> <p>6:30 PM Set up Zen</p> <p>6:50 PM Zen Group (D)</p>	<p>16</p> <p>10:00 AM AA Group (D)</p> <p>3:45 PM RGMS Cheer (D)</p> <p>5:00 PM Recorder Consort Practice (S)</p> <p>6:00 PM Navigator Scouts (D)</p> <p>6:30 PM WAIS (C2)</p> <p>6:45 PM Choir Rehearsal (S)</p>	<p>17</p> <p>5:30 PM Set up Board Mtg (S)</p> <p>6:00 PM Board Meeting (S)</p> <p>7:00 PM SMART Recovery (A2)</p> <p>7:00 PM WPYG (D)</p>	<p>18</p> <p>8:00 AM Weekly Cleaning</p> <p>12:30 PM Rumi Reading Group (D)</p> <p>1:00 PM Mah Jongg Group (C3)</p>	<p>19</p> <p>10:00 AM Set Up AA Group (D, C3)</p> <p>11:00 AM AA Group (D)(C3)</p> <p>2:00 PM CFCAL (S,D,K)</p>
<p>20</p> <p>9:30 AM Quiset (D)</p> <p>9:30 AM Worship Service (S)</p> <p>9:30 AM Youth Religious Ed</p> <p>11:00 AM Worship Service (S)</p> <p>1:30 PM UUCWNC Community Speaker Series (S, C1)</p> <p>4:00 PM Open House</p> <p>4:30 PM Set up SSC (S, C1,2)</p> <p>5:00 PM Spiritual Soul Center (S) (C2,1)</p> <p>6:00 PM AA Group (D)</p> <p>6:00 PM Clean-up SSC (S, C1,2)</p>	<p>21</p> <p>3:45 PM RGMS Cheer (D)</p> <p>6:30 PM Beginner's Yoga (D)</p> <p>6:30 PM UU Book Group (A2)</p>	<p>22</p> <p>10:30 AM Yoga (D)</p> <p>12:30 PM ROMEO's Lunch</p> <p>1:00 PM Gentle Yoga (D)</p> <p>6:00 PM S-Anon (C2)</p> <p>6:30 PM Set up Zen</p> <p>6:50 PM Zen Group (D)</p>	<p>23</p> <p>10:00 AM AA Group (D)</p> <p>3:45 PM RGMS Cheer (D)</p> <p>5:00 PM Recorder Consort Practice (S)</p> <p>6:00 PM Progressive Book Club (D)</p> <p>6:45 PM Choir Rehearsal (S)</p>	<p>24</p> <p>7:00 PM SMART Recovery (A2)</p> <p>7:00 PM WPYG (D)</p>	<p>25</p> <p>8:00 AM Weekly Cleaning</p> <p>1:00 PM Mah Jongg Group (C3)</p>	<p>26</p> <p>10:00 AM GLT (C1)</p> <p>10:00 AM Set Up AA Group (D, C3)</p> <p>11:00 AM AA Group (D)(C3)</p>
<p>27</p> <p>9:30 AM Quiset (D)</p> <p>9:30 AM Worship Service (S)</p> <p>9:30 AM Youth Religious Ed</p> <p>11:00 AM Worship Service (S)</p> <p>4:30 PM Set up SSC (S, C1,2)</p> <p>5:00 PM Spiritual Soul Center (S) (C2,1)</p> <p>6:00 PM AA Group (D)</p> <p>6:00 PM Clean-up SSC (S, C1,2)</p>	<p>28</p> <p>3:45 PM RGMS Cheer (D)</p> <p>6:30 PM Beginner's Yoga (D)</p>	<p>29</p> <p>10:30 AM Yoga (D)</p> <p>1:00 PM Gentle Yoga (D)</p> <p>6:00 PM S-Anon (C2)</p> <p>6:30 PM Set up Zen</p> <p>6:50 PM Zen Group (D)</p>	<p>30</p> <p>10:00 AM AA Group (D)</p> <p>3:45 PM RGMS Cheer (D)</p> <p>5:00 PM Recorder Consort Practice (S)</p> <p>6:45 PM Choir Rehearsal (S)</p>	<p>31</p> <p>7:00 PM SMART Recovery (A2)</p> <p>7:00 PM WPYG (D)</p>	<p>1</p> <p>8:00 AM Weekly Cleaning</p> <p>1:00 PM Mah Jongg Group (C3)</p>	<p>2</p> <p>10:00 AM Set Up AA Group (D, C3)</p> <p>11:00 AM AA Group (D)(C3)</p>



HAPPY NEW YEAR

*May the New Year bring to you
Warmth of love, and a light to guide your path
towards a positive destination.*