



Volume 35, Issue 3

March, 2015

## *March Theme: Looking Out from the Crow's Nest*

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### **March 1: "Connections: Why Do We Come to Church?"**

We will explore why people would come to the Unitarian Universalist Society.

**Jan Vanderhooft**

### **March 8: "Auction Topic: Change in Our Lives"**

From a Buddhist perspective, life is change. What happens when we become lost in the middle of what feels like too much change?

**Rev. Patty Willis**

### **March 15: "A House of Hope"**

Discouraged and feeling far from home, one of the first American Universalists, John Murray, looked out from the crow's nest of a boat stuck on a sandbar on the New Jersey coast. From his vantage point, he saw a building and took a walk to shore that changed his life. He found a house of hope. What does that building look like? Can you see it from here?

**Rev. Patty Willis**

### **March 22: "Environmental Justice: Serving in Gratitude"**

Come and hear what South Valley is working on toward a healthy environment.

**Social Action Committee**

### **March 29: "Religious Freedom: Looking at the Roots of this Mighty Tree"**

Let us return to the roots of religious freedom in remembering George Washington's visit and subsequent letter to the first synagogue in the United States. We must understand religious freedom and make sure that new waves of fear do not subvert its original meaning.

**Rev. Patty Willis**

## *From the Board of Trustees*

### LEADERSHIP DIRECTORY

**\*\*For urgent issues please call the main office or the Caring Circle (listed further below)**

#### DEVELOPMENTAL MINISTER

Rev. Patty Willis Cell #: 801-633-0709  
Email: [minister@svuus.org](mailto:minister@svuus.org)

#### SVUUS BOARD OF TRUSTEES

Lory Schantz (Co. Pres.) 801-572-2586  
Cynthia Dobbs (Co. Pres.) 801-979-5951  
Edward Granda (Vice Pres.) 801-633-3760  
Torrey Longeteig (Secretary) 801-558-5923  
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#### CHURCH ADMINISTRATOR

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Office Hours: M-F 1:30 -4:30 p.m.

#### RELIGIOUS EDUCATION

Liz Martin (Director) 801-604-2973  
Email: [dre@svuus.org](mailto:dre@svuus.org)  
Office Hours:  
Sunday: 9:00 a.m. – 1:00 p.m.  
Tuesday: 6:00 – 9:00 p.m.  
Other hours by appointment

#### REGAL COUNCIL

Kris Berg 801-414-3051

#### CARING CIRCLE

Denna Wright (Chair) 801-274-0756  
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#### SVUUS Web Site

[www.svuus.org](http://www.svuus.org)

#### SVUUS-NEWS Email List

South Valley maintains a news listserv to facilitate announcements and other communications for the congregation.

If you wish to sign up to receive messages, send a request to Lyn Worthen, listserv administrator, at [lynw@xmission.com](mailto:lynw@xmission.com).

To send a message to the list, simply address it to [svuus-news@mailman.xmission.com](mailto:svuus-news@mailman.xmission.com)

The Board of Trustees would like to take this time to remind everyone about our recently revised fundraising policy. We are a community that supports its members and programs. We do this with our time, talents and treasures.

Fundraising is an important part of the support this community gives and receives. This fundraising policy was created and revised to provide a framework that will help the groups and programs that we support and in doing so, supports our community as well.

Please take some time to read the updated policy on our website. If you have a fundraising request, please use the form provided on our website, or contact the Administrator to obtain a copy. If you have any questions, please contact a member of the Board.

Edward Granda  
SVUUS Board of Trustees

## *News from the Social Action Council*

### **March-April Worship Service Offering Split Recipient: Utah Physicians for a Healthy Environment**

South Valley is pleased to select Utah Physicians for a Healthy Environment (UPHE) to receive half of our worship service offerings during March and April. UPHE is dedicated to protecting the health and well-being of the citizens of Utah by promoting science-based health education and interventions that result in progressive, measurable improvements to the environment. Along with being strong advocates for clean air along the Wasatch Front, UPHE encourages the development of renewable sources of energy, such as wind, as an essential step toward avoiding the unhealthy consequences of our excessive reliance on coal and petroleum. They believe that there are several solutions that if enacted, could dramatically improve the air quality in Utah, and thereby significantly improve the health of our citizens. For a list of current initiatives that UPHE is working on, please visit their website at <http://uphe.org/>

### **Meals for Homeless Youth - Fundraising Bake Sale March 15**

Our next fundraising bake sale to benefit our Meals-for-Homeless-Youth program will be on March 15, after the Sunday service in the social hall. Please remember to bring some extra change and your sweet tooth, or simply a donation to help us provide 3-4 meals each month at the Homeless Youth Resource Center.

### **Cafe Justo COFFEE Sale - Addressing Immigration Issues at their Root**

We will be selling 1-lb packages of Cafe' Justo coffee at the Social Action Information Table after Sunday service on March 15 (same time as our bake sale). Cafe Justo is a coffee-grower cooperative based in Mexico that is dedicated to fair trade based on transparency, equality, and human dignity. By purchasing coffee from Café Justo we help Mexican farmers earn a living wage, giving them the viable option to stay with their families, in their homelands. In addition to decreasing poverty in Mexico, Café Justo grows coffee using sustainable practices that are USDA certified



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## *From Our Minister*

### March Monthly Theme: Looking Out from the Crow's Nest

#### Minister's Newsletter for March: "The Energy of Gratitude"

The symbol of Buddhism is a wheel, a wheel that moves through birth to life to rebirth. In an early sermon at South Valley, I told of my conversation with a wise grandmother who was known for her knowledge of Buddhism in our village in Japan. When I asked her what was the most important tenet of Buddhism she answered, "To have a thankful heart." I have come to believe that gratitude provides the energy that moves that wheel of life around and around. I believe that is how the grandmothers of the village were able to do the hard work of growing vegetables and rice. They often arrived at around 5 a.m. in the heat of summer to clear weeds from growing plants and appeared on freezing winter afternoons to harvest spinach from under the snow. I imagine, though, that when they put spinach on the table, their grandchildren did not say, "Thank you, grandmother." If I had asked the grandmother who told me about having a thankful heart, she would have said that my question was off the point. She was grateful to be able to work that garden and bring spinach to the table.

Have you ever felt unappreciated? Does it seem like your efforts are going unnoticed? When I feel that way, I feel stuck as if my feet are caught in mud. My energy lowers and my need for gratitude surprisingly doesn't send it my way. I have come to believe that we must begin with gratitude in order to receive it. Through giving we receive.

During the next weeks, we are entering a cycle of giving. A new tree has appeared, thanks again to Collin Surles, and we will be covering it with our generosity. As you ponder this tree which represents our community, I invite you to meditate for a few moments on what you are grateful for in this community. What have you received among us? Then, I invite you to fill out your 3-T card and think about how you can give of your time, talent and treasure for the next year. I invite you to take a leap of faith and become more generous in the areas where this is possible. If we all do this, our tree will become one of those mighty tropical trees with roots deep in volcanic soil and fragrant flowers and tasty fruit. Lou and I are raising our gift of treasure, our yearly pledge, again this year. I can't ask you to do something that we are not willing to do. We are happy to be a part of the work to make our community financially and spiritually sustainable.

Through generosity that springs from gratitude, we become part of something much greater than the sum of all of us. And our world becomes more abundant. That is what happened last year during our stewardship campaign that raised more than our goal—and the generosity imbued our year with a sense of abundance that lowered stress and supported all the many things that we do here in our community and out in the world.

It is fitting that each year we build a new tree together. The water that feeds this tree is a practice of gratitude, for the air we breathe, the opportunity to love and grow and be in community. Our giving is that action out of gratitude: the chance to give and the grace of having a place to give. Let us be bold in our tree-making.

This month, you will be gathering in spyglass groups to think about where we are going and where we want to go. If these gatherings are centered in gratitude then they, too, will strengthen our community. Attending these meetings to share your opinions and thoughts, you are contributing to our vision for the future. This vision is also part of what will sustain South Valley through the years ahead.

I hope that in years to come, these times will be remembered with smiles as good days that were just the beginning. Together, may we create a tree of life under which we can feel that still point of the turning world. When you are weary or feel unappreciated, sit and meditate on the air you breathe, the rising of the sun and the acts of kindness that are all around you. May our practice of gratitude energize and sustain us and hold our roots strong.

In love and community,

Rev. Patty

## *From the Worship Closet*

A **crow's nest** in the upper part of the main mast of a ship was used as a lookout point and provided the best view for spotting approaching hazards, other ships or land. Our March worship theme, *Looking out from the Crow's Nest*, brings back memories of reading Herman Melville's Moby Dick. Melville noted that a whaling ship would have a lookout posted for the entire trip until "the skysail-poles sail in among the spires of the port..."

On our individual life journeys and on a journey as a congregational community we too need lookouts one hundred feet above the decks who can follow the standing order to "Keep your weather eye open, and sing out every time."

Sometimes a lookout would lose focus by blending the cadence of the waves with their thoughts, lose their identity and take "...the mystic ocean at his feet for the visible image of that deep, blue, bottomless soul pervading mankind and nature, and every strange, half-seen, gliding, beautiful thing that eludes him seems to him the embodiment of those elusive thoughts...."

We on the deck of the Worship Committee try hard to not miss any gliding, beautiful things that will enhance the Sunday morning services. If you spot anything that may improve the direction of our voyage, please let us know what you see from your bird's nest.

New shipmates and new points of view and creative ideas are always welcome aboard the HMS (Her Majesty's Rev. Patty's Ship) Worship Committee. If you would like to sail with us, or to offer suggestions, please contact Captain Brenda Voisard, or any crewmember.

I am thinking that I should re-read Moby Dick.

In Community Connection,

*Deon B. Corkins*



## *News from the South Valley Covenant of UU Pagans (CUUPS)*

Well it's almost here! CUUPS will be going to Lava Hot Springs this month for the Christopher Penczak's workshop. We can hardly wait. There is still room for a couple of people to join us. The date for the workshop is March 27-March 30.

This month we will have a Pancake Breakfast on March 8<sup>th</sup>. This will be a full pancake breakfast, so come and enjoy all the wonderful food. We have added a fix your own gluten free or vegan waffle choice to our menu for all of you with special diets.

In April we will have the Egg-special potluck. So don't forget to plan on it.

## *Religious Education, Growth and Learning*

### **Mystery Pals 2015 - The Adventure of Friendship!**

Hello Adventurers!

Do you love traveling to far off lands, being worshiped and saving the day? But want to avoid the unpleasant parts of adventures like getting thrown in a snake pit, covered in insects and becoming the human sacrifice in an ancient ritual. Then you are invited to join REGAL's 2015 Mystery Pal's Program - Adventures in Friendship! OUR biggest intergenerational program of the year is finally here and Sunday February 1st will be the start of our sign up for the adventure!

The Mystery Pals program encourages our members both young and young at heart to connect by fostering communication between the generations. If you are new to the congregation this is a great opportunity to get involved! Mystery Pal Seniors (6th grade to adults) and Juniors (kindergarten to 5th grade) get to know one another while keeping their identities a mystery. Each Senior is matched to a Junior then the Matches exchange communications for three weeks by way of a special Post Office set up at church. We encourage the exchange of handmade gifts, poems, stories, drawings or small toys that help Pals learn more about each other. Everyone then meet their Pals on the third week at the Mystery Pals Luncheon, where they can have fun and get to know each other better!

Sunday March 1: Participants receive the info sheet filled out by their Pal, which will give them clues to their identity.

Sunday March 8, 15, 22: Exchange days at the Post Office in the lobby.

Sunday March 22 12:00pm to 2:00pm: The Mystery Pals Potluck Luncheon and Palreveal!

Participants need to come to the REGAL table to on March 6th to pick up their Pal's info sheet; you'll need it to prepare for the first exchange a week later!

## *Religious Education, Growth and Learning Con't*

### **MARCH SUNDAY SCHOOL SCHEDULE**

#### **March 1, 2015:**

High School: Youth-led by Emily & Tanner  
Junior High: "Touching All"  
Seekers & Trailblazers (2nd-5th): "Making a Difference"  
Pathfinders (K-1st): "Comings and Goings"  
Preschool: "Weddings and Services of Love and Union"

#### **March 8, 2015:**

High School: Coffee Shop Sunday at Beans & Brews  
Junior High: "The Future and Me"  
Seekers & Trailblazers (2nd-5th): "Justice for All"  
Pathfinders (K-1st): "Mohammed"  
Preschool: "Babies"

#### **March 15, 2015:**

High School: Youth-led, Topic TBD  
Junior High: "Oh My Soul"  
Sacred Travels (K-5th): Sunday Switcheroo  
Preschool: "Special Worship Services"

#### **March 22, 2015:**

High School: Youth-led, Topic TBD  
Junior High: "Oh My Soul"  
Seekers & Trailblazers (2nd-5th): "Courage"  
Pathfinders (K-1st): "Memories of Home"  
Preschool: "Wondering About Stars"

#### **March 29, 2015:**

High School: Youth-led, Topic TBD  
Junior High: "Life as Mystery"  
Sacred Travels (K-5th): Children's Chapel with Liz  
Preschool: "Wondering About the Moon"



## *Monday Menus*

**YOGA** with Peter Ries. Come sweat away your worries, build your physical and mental strength, and make new friends! Wear comfortable clothes and bring your own mat. Extra mats available if needed. Every Monday (Sanctuary).

### **Compassionate Communication:**

Do you ever wonder how to express your disagreement without being disagreeable? Come and learn ways to frame your truth so that conflict can even strengthen rather than destroy relationships. These classes are based on the work of Marshall Rosenberg. Co-facilitated by Linda Reed and Rev Patty Willis (3/2) High School Room.

### **The Sacred Balance-Rediscovering Our Place in Nature:**

Based on the book "The Sacred Balance-Rediscovering our Place in Nature" by David Suzuki. Suzuki is a renowned biologist/geneticist and conservationist who "expresses a world view towards which the human species must shift in the 21st century." This important and fascinating class will meet in four sessions. We'll watch a DVD based on the book and hold discussions.

(2/16) (2/23) (3/2) (3/16) Taught By Joe Gates

**"Heretics and Angels of Mercy: Getting to Know the Courageous UUs Who Walked before Us."** (3/16)

### **2014-2015 Unitarian Universalist Common Read:**

**"Reclaiming Prophetic Witness: Liberal Religion in the Public Square"** by Paul Razor (Skinner House Books, 2013) In this clarion call to action, leading Unitarian Universalist theologian Paul Razor dispels the myth that conservative Christianity is the only valid religious voice in the national debates on social policy. Showing that religious liberals are more numerous than many realize, he calls on them to embrace their prophetic heritage and bring their religious convictions to bear on the issues of our time. *Reclaiming Prophetic Witness* will lift your spirit, while inspiring you to lift your voice and reclaim a place in the public square. This 2014-15 Unitarian Universalist Common Read invites Unitarian Universalists to explore and claim our contribution, as religious liberals, to the pressing moral and ethical debates of our contemporary world. Discussion guide:

[http://www.uua.org/documents/lfd/commonread/reclaiming\\_discussionguide.pdf](http://www.uua.org/documents/lfd/commonread/reclaiming_discussionguide.pdf). SOURCE:

<http://www.uuabookstore.org/Reclaiming-Prophetic-Witness-P17243.aspx> (3/16) (3/23) (3/30) by the Social Action Committee.

### **SoulCollage Workshop with Julie Vesely**

March 30, 2015 (Junior High Room)

SoulCollage® is a creative and meaningful collage process. You make your own deck of cards - each collage card representing one aspect of your personality or Soul. Use the cards intuitively to answer life's questions and participate in self-discovery. Joyfully deepen your understanding of the relationships between your personality parts, you and your family/community/world, and you and your dreams, symbols, and Spirit.

### **Volunteer to teach a class at Monday Menus! We depend on our community to share their time and talents with us!**

Are you passionate about a topic you'd like to share? Have you ever thought about leading a group or teaching a class for your SVUUS community? We're interested in hosting all types of classes and would love to schedule a date for you to share with us! Please contact: Liz Martin at: [DRE@svuus.org](mailto:DRE@svuus.org)

## *Opportunities and Announcements*

### **Meditation Group**

Come and experience how a practice of meditation can benefit your life and the life of our community. Do you have a meditation practice or have always wanted to begin one? If this sounds like you, gather with us from 9 to 10 a.m. before our service, in the Senior High Room. We will begin with a short check in, have a reading from a Buddhist source and then move into a time of silent meditation. This will be done in two cycles with a few minutes for stretching in between. If you need childcare in order to attend, please email Rev. Patty at [minister@svuus.org](mailto:minister@svuus.org).

### **Taking Care of South Valley!**

Come to a small group "Spyglass" discussion during the month of March. We would love to have many members and friends as possible to participate. In each group we will:

1. Identify South Valley programs and ministries that have had an impact on us and ideas for new or improved ways to fulfill our mission.
2. Discuss the long-term direction of our professional ministry as we approach the end of our contract with our current minister.
3. Explore the requirements to achieve what we envision and committing time, talent, and treasure to get us there.

We hope you will join us on the journey! Childcare will be provided, as needed. Groups will be meeting:

- Monday, March 9th from 6:30 to 8 pm
- Thursday, March 19th from 7-8:30 pm
- Sunday, March 29th from 12:30-2 pm



**UU HISTORY FOR NEWCOMERS AND VISITORS** March 15th, Sunday 12:00 to 1:30. Senior High Room. Did you know that Clara Barton was a Universalist and Charles Dickens was a Unitarian? Come learn about the long and vibrant history of Unitarian Universalism.

### **Music & Laughter May 29, 2015**

Announcing a not to be missed night of Music by longtime friends: **Anke Summerhill** <http://www.AnkeSummerhill.com> & **Doug Wintch** <http://www.DougWintch.net> (Songs that touch the heart and tickle the funny bone) and Laughter by the hilariously funny and witty comedian: **Keith Barany** <http://www.pg-comedy.com/talents/view/42> (If you haven't heard Keith, you haven't really laughed) On Friday, May 29<sup>th</sup> Doors open at **6:00 PM** (details below \*). The show begins at **7:30 PM**. Ticket price: Only **\$15/pp**.

\*For your dining comfort, a limited number of, "tables for 8," will be available for eating prior to the show. (Beer & wine allowed.) There is a surcharge of **\$10/table**.

Friendly folks: Consider "picnic sharing" with others, and make new friends!

**To book a table, E-mail Cheryl, ASAP:** [altman.cheryl@gmail.com](mailto:altman.cheryl@gmail.com)

**Location:** South Valley Unitarian Universalist Society, 6876 So. Highland Drive, Cottonwood Heights

### **Church Yard Sale in June--Save the Date and Save your Stuff!**

This is a "heads up" that the annual church yard sale is planned for Saturday, June 13th. We wanted to give you some advance notice in case this warm weather has got some of you starting your spring cleaning early. Plan on saving your reusable items to donate to SVUUS. There will be more details in the coming months. If you have any questions please contact Torrey Longeteig at [tlongeteig@gmail.com](mailto:tlongeteig@gmail.com) or [801-558-5923](tel:801-558-5923).



## Grocery Card Program



The Finance Council has decided to change grocery card sales from every Sunday to once per month, the second Sunday of each month to coincide with the CUUPS Pancake Breakfast. The next opportunity to purchase grocery cards will be on March 8th. However, if anyone needs cards on another Sunday; we'd be happy to oblige. You can ask a Council member (Joe Gates, Phil Quigley, Derek Larson, David Norton, Lee Cowley, or KC Tabor) and we can arrange for an individual sale.

### Save the Date

March 2	Compassionate Communication
March 2	The Sacred Balance-Rediscovering Our Place in Nature
March 2	Yoga
March 8	CUUPS Pancake Breakfast
March 9	Spyglass Group Discussion
March 15	UU History for Newcomers and Visitors
March 16	The Sacred Balance-Rediscovering Our Place in Nature
March 16	Reclaiming Prophetic Witness: Liberal Religion in the Public Square
March 16	Heretics and Angels of Mercy
March 16	Yoga
March 19	Spyglass Group Discussion
March 22	Mystery Pals Luncheon
March 23	Reclaiming Prophetic Witness: Liberal Religion in the Public Square
March 23	Yoga
March 29	Spyglass Group Discussion
March 30	Reclaiming Prophetic Witness: Liberal Religion in the Public Square
March 30	SoulCollage Workshop
March 30	Yoga

### Upcoming Events

May 29	Music and Laughter
June 13	Church Yard Sale

### South Valley Caring Circle

The members of the Caring Circle provide practical support and/or pastoral care. Please contact the chair of the committee if you need or know of someone who needs our support. To ask for help you may also use the Caring Book by the name tags. The Caring Book is also for joys and concerns; we hope you will share moments from your lives.

### CARING CIRCLE

#### Contact Information

Denna Wright (Chair)	801-274-0756
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Dot Clayton	801-561-4776
Sandy Dreis	801-256-0825
Kathleen Luck	801-567-9062

*Looking Out from the Crow's Nest*

