

The Beacon

South Valley Unitarian Universalist Society

Volume 35, Issue 9

September, 2015

September Theme: Vision

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September 6: "Worship: Shaping Worth from the Forest and Mountains" (at campout)

Come and listen to the leaves and wind. We will sit together and listen and then go on walks to gather experiences and return and share. What will we find? **Rev. Patty Willis**

September 6: "Worship: Shaping Worth from the Forest and Mountains" (at SVUUS)

Jan Vanderhooft

September 13: "The Abundance of Our Community: Beginning Together Again in Joy"

All generations gather for the tradition of our water ceremony. Bring water (virtual or real) from your journeys out into the world and be thinking about what you would like to throw away as we begin our year anew. **Rev. Patty Willis**

September 20: "A Practice of Alignment"

Have you ever driven a car that was out of alignment? Let us consider spirituality as alignment between what we believe and how we are in the world. What kinds of practices can support that alignment? How can spirituality flourish in our community?

Rev. Patty Willis

September 27: "The Power of Stories to Change Society's Vision"

Join us as David Beach, stage director and professional storyteller, speaks on the necessary role of stories in our personal and spiritual life and how telling our stories can transform the world around us. **David Beach**

LEADERSHIP DIRECTORY

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

MINISTER

Rev. Patty Willis Cell #: 801-633-0709

Email: minister@svuus.org

SVUUS BOARD OF TRUSTEES

Edward Granda (Pres.) 801-633-3760
Christine Hirrill (Vice Pres) 801-493-9316
Ann Hess (Secretary) 801-577-1678
Phil Quigley (Treasurer) 801-942-0049
Cynthia Dobbs 801-979-5951
Cody Pace 801-518-8399
Jan Vanderhooff 801-943-3879

TRANSITION TEAM

Sara Allen 801-619-6373
Jan Vanderhooff 801-943-3879
Luci Malin 801-936-2240

CHURCH ADMINISTRATOR

Cindy Martin 801-944-9723

Email: admin@svuus.org

Office Hours: Tue & F 1:30-4:30 pm

Mon. Wed. Thu. 1:30-5:30 pm

RELIGIOUS EDUCATION

Liz Martin (Director) 801-604-2973

Email: 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

Dot Clayton (Chair) 801-561-4776

Email: ibedotclay@comcast.net

SVUUS Web Site

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.

To send a message to the list, simply address it to svuus-news@mailman.xmission.com

From the Board of Trustees

I am very pleased to be serving on the board of trustees here at South Valley. I have gained much from being a part of this community and I'm happy to be giving back. As with any new job I am entering into this with a bit of trepidation, but with all the guidance and support I've received so far from other board members I know I will have plenty of help for whatever lies ahead.

To give you a little more information about myself, I have been a Unitarian Universalist for nearly 19 years now. I went to church for the first time while I was pregnant with my daughter Morigan, and signed the book at First Church a few weeks after she was born. It has been such a gift to have both UU communities to bring my daughter to as she has grown up. While I didn't have a set of answers to give her, she did have a religious identity in a very religious state. One which allowed her to continue to question and learn and make up her own mind while still being in community.

My volunteer positions within the UU community include teaching everything from nursery to high school and facilitating a few adult RE classes at First Church, participating as a trained OWL facilitator in 2 rounds of OWL at South Valley, and helping with the SVUUS website and other communication tasks such as filming services on Sunday. I am happy to add the position of board member to my list, and I welcome your feedback and suggestions on how South Valley can assist you on your spiritual journey.

Fall is my favorite time of year. As the shadows lengthen and the air gets just a bit crisp, I feel a sense of excitement and anticipation. Along with back to school for the kids, fall marks the beginning of a new church year for those of us at South Valley. Our minister Reverend Patty is back from her sabbatical and will begin her first year as our settled minister after a unanimous vote at our congregational meeting last fall. Also, our famous Monday Menus will resume with exciting new offerings to enrich our souls. Be sure to check out the menu and if you have a teaching you feel would benefit the community feel free to connect with our Director of Religious Education, Liz Martin.

I am very grateful to begin another church year in this community, and look forward to continuing on the journey with all of you as we come together to learn and grow. I am often asked (as I'm sure you are as well) what Unitarian Universalists believe. Most are satisfied with my explanation of the 7 principals, and for those who are not I lean on the words of my former minister at First Church. "As Unitarian Universalists, we come together to decide how best to live." May we continue to seek out how best to live in community with each other, with our neighbors and friends, and with the entire human family.

- Ann Hess



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From Our Minister

September Monthly Theme: Vision
Our Vision for this Year: A New Beginning

In Japan, when we had a misunderstanding with our Japanese teacher and everyone's feelings were a little hurt, she said, "Why don't we just throw this in the river?" The water that flowed through communities nourished fields, offered a place to wash clothing and a place where people could let go of any negative feelings they were holding in their hearts. Often in our life together, Lou and I have thrown our bad feelings into rivers and the ocean. After tragedy struck this summer, we walked in the Redwoods and along the Oregon Coast. In our daily life, we like to drive up Mill Creek Canyon to listen to the sound of water. After we throw our hard feelings into Mill Creek, we splash cool, fresh water on our faces and begin again. How do you begin again with your loved ones?

Even though this is my fourth year serving as your minister, we, at South Valley, are beginning anew. You voted unanimously for me to be your "settled" or long term minister. Do you remember that wonderful day? Our first year together in this new way will be a year of preparation for the Installation Ceremony, a ritual that marks the significance of the vote at the annual meeting. For those of you who attended my ordination three years ago, the ritual of installation has many similarities. This time, we will be making promises to each other, and articulating our hopes and dreams for the future of our shared ministry. In the months leading up to the ritual, let's begin again. What do you want to let go?

To mark this new beginning to our shared ministry, I'd like for us to let go of the hurts and mistakes we have experienced since I arrived three years ago. For those of you who have been in the community for a long time, this new beginning could be the chance to lay down even older burdens of hurt or anger. In a covenant around small group ministry, one person said, "What is said in the room, stays here and what is learned goes out into the world." I wonder if we could forgive, lay down the hurts of prior years, and take what we have learned with us for wisdom. In the last weeks since the death of my parents, I have felt grateful for all the times that I forgave and began again. Beginning again paved the way for the moments that are now cherished memories.

On the last Sunday of August, Susan Eyzaguirre opened the "Happening Hub." By the time I arrived downstairs, the hub was in full operation with people buzzing around it just as we had hoped. This is where you can find out about what's going on all over our community and this is where you can stand if you want to talk with people about an upcoming South Valley event that you or your group is sponsoring. This hub embodies my vision for the community this year of integration of all the different aspects from Social Action to Religious Exploration to our Social activities and more! Do your part by visiting the table and by making use of it when you have something to share.

For our first Sunday of October, we will be trying out a new tradition: "First Sundays." Our UU friends from Utah Valley will be coming up to spend the day with us. Starting with a worship service and religious exploration for our youth and children, we will be gathering for a potluck with an array of opportunities afterwards. We'll have classes in UU history, a New to UU class during which you can tell your story, a Building Your Own Theology class where you can explore how your theology is transforming, and Conversation Cafes around any subject of interest. Our October meeting will be a little different since we are welcoming Gregory Rouillard, an expert in compassionate communication. Beginning to develop skills and honing your skills in compassionate communication is a way to have that process of beginning again happen throughout the year and is a key to our sustainability. Please attend if you can on Sunday after the potluck and the subsequent Monday Menus.

As I continue to walk through the process of grieving the loss of my parents, I am thankful for your loving support. It is good to be among you again. It is healing for me to continue this work of ministry here at South Valley. I'm happy that we're continuing the walk we began together three years ago.

In love and community,

Rev. Patty

Welcoming and Membership News

Cathy Kindquist was born in New York City and raised in the Unitarian faith. In 2001, her old hound dog, Zeke, went missing in Spring City, Utah. The LDS Bishops announced this from the podiums that Sunday, and the whole community pulled together to find this sweet, sick old dog. This began a long process of conversion to the LDS faith. Cathy walked out of the LDS church the day church leaders read the church's response to the supreme court ruling on gay marriage, and has returned to the church of her childhood - a church where everyone is welcome.

Trained in historical and environmental geography, Cathy has worked and traveled across the United States and Canada. A specialist in the history of the North American west and western water resources, she has published some of her work (a handful of articles and one book). Her work has involved college level teaching, environmental consulting, advocacy work for rural communities, and research.

For five years she lived a hermit's life in Hawaii, in a remote valley on the North Shore of Molokai. Living nine miles from the nearest road, she lived without electricity and modern amenities, read by candlelight, designed a catchment water system, studied the land and its history, was taught to spear fish by native Hawaiians, gathered fruit, mushrooms, and ferns for food, and cleared land and trails by hand. Her interests include writing fiction, tracing out historical trails and visiting ghost towns, camping, watching foreign films and British mysteries, and adopting old dogs.

Cathy is excited about joining an intentionally diverse religious community, and heartened to find a spiritual home.



"Chris Gearheart started coming to SVUUS around August of last year, when he and his wife, Shelly, and their five-year-old son, Salem, moved to Murray. He first gathered with UUs in Shreveport, Louisiana for several months before arriving in Utah. Chris was raised Mormon, and now draws upon Secular Humanism when contemplating public policy, and appreciates Buddhism and mysticism in more private moments. He likes to eat, talk, bike, and visit places. Feel free to approach."



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

Sept. 12th- Pagan Pride Day at Murray Park from 10am-6pm. Come out to learn about the pagan community and participate in rituals and workshops.

Sept. 13th- CUUPS/Heifer brunch- This will be the only full CUUPS breakfast we will host this year. CUUPS will split the proceeds with Heifer International in memory of Mildred Dahm, the original creator of the Heifer brunch. Please stay after the service and reconnect with others after your busy summer.

Oct. 25th- CUUPS will be sponsoring the annual Chili Cook-off potluck after the service. Please bring your best chili recipe or another dish to share and your own place settings. You can use the church dishes but you have to wash them yourself.

CUUPS will also be taking part in other pagan activities throughout the year in combination with other pagan groups, I'll keep you posted.

Kathleen Luck

News from the Social Action Council

September-October Worship Service Offering Split Recipient:

The recipient of our Split the Plate initiative for September and October is Interfaith Power and Light, the nonprofit agency that facilitated our solar panels! Their mission is to be faithful stewards of Creation by responding to global warming through the promotion of energy conservation, energy efficiency, and renewable energy to protect the earth's ecosystems, safeguard the health of all Creation, and ensure sufficient, sustainable energy for all. We are grateful to them for helping us to be more faithful stewards of this Earth.

From the Worship Closet

George Washington Carver once said, "Where there is no vision, there is no hope." Sometimes, however, it can seem impossible to see past the reality in front of us to the possibilities that might be. In September, we will explore the idea of vision; how it can sustain and transform us, and how we can support each other and our spiritual community in making our visions become reality.

Shannon Black

Monday Menus

Monday Menus begin September 21st

Beginning September 21st, the 5th season of Monday Menus begins!

From 6:00-6:30 p.m. celebrate Meatless Mondays by enjoying a homemade soup (vegan and gluten-free) and sharing potluck accompaniments. Then from 6:30-8:00 choose from different classes/discussion groups/activities to enrich our personal and community journey! Past offerings have included: Yoga, Bridge, Family Board Games, The Artist's Way, Bible Study, Social Justice Reading Group, Compassionate Communication, Paganism 101, Children's Choir, Glacial Geology, Science & Religion series, Beer Making 101...

Monday Menus NEEDS *you* to succeed! Have a passion or talent you can share with your SVUUS community? Lead a Monday Menus class offering! It can be a single night, or a series; whatever suits you and your topic. Contact Liz or Rev. Patty with your ideas! (DRE@svuus.org or Minister@svuus.org)

September 21: "Aligning with the Earth: Exploring a Spirituality of Simplicity" with Rev. Patty & Susan Eyzaguirre

September 28: "Aligning with the Earth: Exploring a Spirituality of Simplicity" with Rev. Patty & Susan Eyzaguirre

October 5: Compassionate Communication with special guest Gregory Rouillard

October 12: "Seeing Who We Are: Taking Steps towards Understanding Racism and Doing Something about It" with Rev. Patty & Susan Eyzaguirre

Monday Menus con't

Class Descriptions:

"Aligning with the Earth: Exploring a Spirituality of Simplicity" with Rev. Patty

In our service on August 30th around the work of David Suzuki, Rev. Patty spoke about the connection between our consumerism and our lack of connection with the Earth and how that is a driving factor in climate change. Let's explore together each of our connections to consumerism. What drives your shopping? In our growing awareness, we will consider how we can simplify our lives. These ways, different for each of us, could become the core of our own spiritual practices that align us with the Earth. Bring a notebook and prepare to dig deep in discussion and journaling.

"Compassionate Communication" Workshop by special guest Gregory Rouillard

Come learn practical ways to live our UU Principles! We welcome guest speaker Gregory Rouillard, M.Div., from Boulder, CO, who envisions a world where people live, work, and play in nurturing communities, moving together in connection toward achieving effective outcomes. He believes that the philosophy and practice of Compassionate Communication provides Unitarian Universalists with concrete tools to bring the seven principles to life.

"Seeing Who We Are: Taking Steps towards Understanding Racism and Doing Something about It" with Rev. Patty & Susan Eyzaguirre

One of the first steps towards understanding racism in the world is seeing who we are. Through the insights of the book "Waking Up White, and Finding Myself in the Story of Race" by Debby Irving, we will open our eyes to who we are in the world. What do we bring? (Try to read the book beforehand, but come anyway if you don't have time!)

Religious Education, Growth and Learning

SEPTEMBER SUNDAY SCHOOL SCHEDULE

September 6, 2015:

Labor Day Campout
ALL AGES Worship

September 13, 2015:

Water Ceremony/Ingathering
ALL AGES Worship

September 20, 2015:

RE Classes Begin!
High School (9th-12th graders): UU Values in Society
Junior High (6th-8th graders): Coming of Age - Covenant & Community Building
Seekers (2nd-5th graders): Love Will Guide Us - Love is Like a Seed
Pathfinders (Kindergarten-1st graders): Love Surrounds Us - Love Surrounds Us
Butterflies (Pre-K): Celebrating Me & My World - I am Special
Nursery (Infants and Toddlers): free play

September 27, 2015:

High School (9th-12th graders): UU Values in Society
Junior High (6th-8th graders): Coming of Age - More Community Building
Seekers (2nd-5th graders): Love Will Guide Us - Awesome Love
Pathfinders (Kindergarten-1st graders): Love Surrounds Us - Love Surrounds Us Sharing
Butterflies (Pre-K): Celebrating Me & My World - I Have Two Hands
Nursery (Infants and Toddlers): free play

Opportunities and Announcements

23rd Annual SVUUs Labor Day Campout!

Little Mill Campground, American Fork Canyon, Fri. Sep 4 2015 Departure Date: Mon Sep 7 2015



23rd Annual SVUUs Labor Day Campout! Little Mill Campground, American Fork Canyon, Fri. Sep 4 2015
Departure Date: Mon Sep 7 2015

Registration: We can have only 10 vehicles; and we can probably fit a few more vehicles in. No RV hookups. First paid/first reserved. Any vehicle is \$40.00. If you pre-pay you do not need a paid pass from the gate. There are no hookups/non-electric. Day use \$10.00. Covered main pavillion main area with fire pit(s). Anyone camping overnight must complete a **Reservation Form** and submit it to SVUU along with payment. We will pass the hat during the service.

Activities: Hiking trails. Timpanogos cave. Alpine loop drive. Cascade springs. Fishing in a few small lakes a short drive away or the creek. Potluck dinner Saturday night. Sunday service followed by a potluck lunch. Guitars, singers, board games, horseshoes, badminton, welcome.

Safety: High altitude (7000 feet), bright sun & cold fall nights! Bring sunscreen, bug dope, jacket, hat, gloves, etc. SVUU does not perform first aid. Children are the total and full responsibility and in the care of the parents/adults bringing them. Please consider the environment, use bio-degradable soap and pack out all trash. The forest service is requesting that you use local firewood, and not bring firewood in.

Campground/: Check in 3 PM Fri. out by 2 PM Mon. Tents can be spread thru-out. ADA accessible restrooms (sorry no showers this time). Dogs allowed/but must be leashed.

Other/Logistics: Contact Lewis Galway at lewisg@xmission.com or 801-915-1290

Location & Directions: From Salt Lake City, Utah, travel south (about 35 miles) on I-15 to Alpine-Highland exit 284. Travel east on Highway 92 approximately 12 miles through American Fork Canyon, past the Timpanogous Cave, then it's on your right, pull in and it's to the right. Map is on page two. It's approximately 45 minutes drive from the church to the campground,

Campground info: <http://www.reserveamerica.com/camping/little-mill/r/campgroundDetails.do?contractCode=NRSO&parkId=70123#sr>

For more information on the area, click on this site and make sure to watch the video!: http://www.utah.com/byways/alpine_loop.htm

Opportunities and Announcements Continued

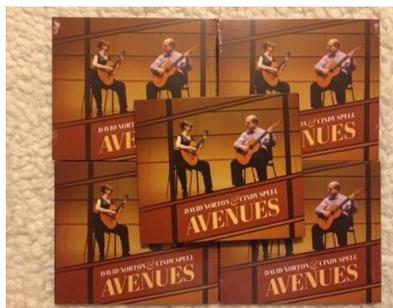
Prayer Shawl Ministry

Join us Thursday, September 24, 2015 from 2:00 pm to 3:30 pm.



CLASSICAL GUITAR CD

The duo guitar CD "Avenues", recorded by long-time SVUUS member David Norton, with Cindy Spell, is now available for purchase. Discs are \$15 each. Please contact David Norton to purchase a copy.



Women's Group Gathering-Tuesday, September 15th at 7:00 pm.
Cynthia Dobbs will be our Hostess. It will be held in her back yard garden.
2262 East Lambourne Ave. (3145 South)

Our topic for discussion will be "Your Right to be Selfish." Do you feel that you have a right to make choices that are just for you? Is there ever a time in your life when being selfish is exactly what you need to do? Join us for a lively discussion of how you feel about this topic. All South Valley women 18 and older are invited. Drinks and a salad will be served. Bring a jacket or sweater for cooler weather.

Please RSVP to: cdobbs56@gmail.com
Cynthia Dobbs, Women's Group Coordinator

Teaching Training & Planning Party 9/14

Have you signed up/been wrangled into teaching Sunday School this year? Please plan to attend this party! Monday, September 14th, 6:00 p.m. - 9:00 p.m. DINNER Provided. Please bring a drink or dessert to share :-)



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. The next opportunity to purchase grocery cards will be on September 13th. However, if anyone needs cards on another Sunday; we'd be happy to oblige. You can ask a Council member (Kristy Jensen, David Norton or Phil Quigley) and we can arrange for an individual sale.

Save the Date

October 25 CUUPS Annual Chili Cook-off potluck
November 14 Annual Goods and Services Auction

Upcoming Events

September 4-7 Labor Day Campout
September 12 Pagan Pride Day at Murray Park 10 am-6 pm
September 13 CUUPS/Heifer Brunch
September 14 Teaching, Training & Planning Party
September 15 Womens Group Meeting at Cynthia Dobbs
September 21 Monday Menus Begins
September 24 Prayer Shawl Ministry



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

Dot Clayton (Chair) 801-561-4776
Email: jbedotclay@comcast.net

Sandy Dreis 801-256-0825
Mel Welliver 801-963-8258
Peter Verschoor 801-944-1653