

# The Beacon

# REASON

South Valley Unitarian Universalist Society

Volume 36, Issue 10

October, 2016

## October Theme: Reason



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### October 2: "The Enduring Legacy of Topaz in Utah History"

Let us listen to the stories of those who lived in Topaz and what they endured and how they survived with beauty. The placement of Japanese Americans in concentration camps during World War II was a hate crime that still touches many lives. How can we learn from this mistake? Senator Brian Shiozawa and Rev. Patty will be creating this service. South Valley Singers will be premiering a new anthem written by Lou Prince and Rev. Patty about the life of a woman of courage: Mine Okubo, an artist interned at Topaz.

Rev. Patty Willis

### October 9: "Dear America: Can we talk?"

A letter to our nation from one of its aging, disillusioned, maybe hopeful Gen-X children.

John Cooper

### October 16: "The Journey to Becoming a Fully Human Subject."

Candice Metzler

### October 23: "Making our voices heard"

Can Voting be a spiritual act? Have you ever put your own life in danger for a cause? Come and listen to the stories of those whose yearning for having a voice.

Rev. Patty Willis

**October 30: "Remembering Our Ancestors:"** Together we will celebrate the Celtic pagan ritual of Samhain together in an Intergenerational Service.

Rev. Patty Willis

## 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](mailto:minister@svuus.org)

### SVUUS BOARD OF TRUSTEES

Mac Lund, Co-President 801-273-0462  
Jan Vanderhooft, Co-Pres. 801-943-3879  
Christine Hurrill, Vice Pres. 801-493-9316  
Ann Hess, Secretary 801-577-1678  
Cody Pace, Treasurer 801-518-8399  
Cynthia Dobbs, Trustee 801-979-5951  
Nolan Newbold, Trustee 801-336-8919

### COMMITTEE ON MINISTRY

Luci Malin (Chair) 801-936-2240  
Sandra Roach 801-562-9465  
Mac Lund 801-273-0462  
Lory Schantz 801-856-7834

### CHURCH ADMINISTRATOR

Cindy Martin 801-944-9723  
Email: [admin@svuus.org](mailto: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](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

Dot Clayton (Chair) 801-561-4776  
Email: [ibedotclay@comcast.net](mailto:ibedotclay@comcast.net)

### 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)

## From the Board of Trustees

### Message from the Board

As I sit down to write my first article for The Beacon as a member of the SVUUS Board of Trustees I find myself thinking a lot about where we have been as a community and where we want to go. Even though I have only been a member of SVUUS for a couple of years, I have witnessed some amazing growth and changes as we've improved our music program, installed Reverend Patty as our settle minister, and welcome new and passionate people on an almost weekly basis. Of course, there are always ways in which we can improve as a community and we have talked in length about some of those ways in our annual Spyglass meetings and other various committees and groups.

During our board retreat in late August, we spent much of our time engaging in goal setting activities to set our goals as a Board of Trustees for the year. I thought it was perfect when, a couple of weeks later, Wendy demonstrated how to build a good, warm campfire during the Labor Day Campout service and how that relates to meeting goals and completing tasks and projects. We learned that building a good, strong, and warm campfire requires initial preparation. Before you actually light the fire you should think about the different steps involved and gather the different materials (different sizes of kindling, paper or wood chips, matches, etc.) that you will need. Once you have finished the preparation, you can start to light your fire. Wendy showed us how we couldn't just start with a large log because it was too big to catch fire from a small match. She told us that the key is to start with something small that will burn easily. After you get your small fire started, you can begin to add slightly larger pieces of wood, continuing to add larger and larger pieces of wood as the fire grows. However, you must be careful not to add too much wood to your growing fire too quickly. If you add too much wood too fast, your fire will suffocate and you will have to remove wood and nurture your fire to get it burning well again. If you prepare well and slowly add larger and more pieces of wood to your fire, though, soon you will have a hot, roaring fire that will burn large logs; a fire that not only will be difficult to put out, but could spread and ignite other fires.

I really like the fire analogy when it comes to setting goals and working towards meeting those goals. We first have to start with preparation. We must determine what is important to us, what we want to accomplish and how. We set goals and consider the steps required to meet those goals. We may set large goals, but we probably won't be able to accomplish those large goals immediately. Instead, we start with smaller, more easily attainable goals. And then as we start to accomplish our smaller goals we begin to take on bigger projects and tasks to "build our fire" and work towards our bigger goals. However, as is the case with the fire, we should be mindful of how much we are taking on and how many tasks we are putting on our fire. We need to remember that our fires need oxygen to breathe. We cannot try to do too much too fast or we may suffocate our fires and have to go back a step or two in the process. After slowly nurturing our fire by accomplishing small steps along the way, we find that we can easily complete those larger goals that seemed too big and daunting to accomplish at the beginning. Now we have built a fire that is burning hot, it will be difficult to extinguish and we will be able to accomplish more and even bigger goals.

I am excited to watch our fires grow over the coming months. The passion and energy in our community is amazing as we work together to meet our goals and make a difference in this world. Just remember to slowly build your fire, nurture it, let it breathe, and watch it grow.

In Community,

Nolan Newbold  
SVUUS Board of Trustees



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## *From Our Minister*

Minister's Newsletter  
October 2016  
Monthly theme: Reason

As Unitarian Universalists, our hearts or spirits are not at war with our brains. Our Religious Exploration programs encourage critical thinking and foster questions in our youth. The last week of September, I attended a youth revival around spirituality with our youth in Portland. The word "revival" may conjure those old tents with a preacher calling people to repent over a loudspeaker. Instead, we sang songs to center us spiritually to prepare us for grappling with some of the hard realities of September, 2016. Our spiritual life supports our minds as they struggle to understand the complexities of the world around us and figure out ways to become engaged as a force for good. This is not easy. In one workshop, the leader taught us Tonglen meditation to transform our anger and sadness into love for all who suffer. Tonglen is a Tibetan Buddhist practice during which one visualizes taking in the suffering of oneself and of others on the in-breath, and on the out-breath giving recognition, compassion, and comfort to all beings. This is a beautiful tool to keep us from becoming numb when the suffering of the world overwhelms us. And, it is hard work.

I was not taught about this ideal of harmony between the mind and the heart. I have experienced times when my mind and heart were almost at war. When Mary Lou and I met all those years ago, my heart was full of love and hope but my reasoning mind whispered to me, "This is impossible and not right. Stop loving. Danger." What seemed to be my reasoning mind was informed by what was acceptable in society at that time. I didn't have access to knowledge about two women who had fallen in love and been able to have a happy life. My mind, that was full of the theology of my ancestral faith, was certain that being together would mean great unhappiness, a life that would be a living death. And, my poor heart kept affirming the love that I felt and the goodness and happiness of being with my beloved. Sometimes our minds are encountering such new territory that all we can do is rely on learning that wages war on our hearts. Eventually, I met women who were in long term faithful relationships with other women. Hearing their stories and reading the stories and ideas of other women gave my mind the evidence that it needed to find harmony with my heart. Reason could then support our courageous leap of faith that has brought us decades of happiness.

In 2014, the vision of Michael Brown's body lying on that street in Ferguson opened the eyes and hearts to many of the suffering that people of color have experienced at the hands of law enforcement. Our hearts opened to the suffering and our minds went to work to try to figure out how to respond. What can we do? Just as I entered new territory when I fell in love with Mary Lou, for many of us, our minds are having a hard time making sense of what is happening. It is hard for us to imagine that mothers of children of color, and wives of men of color live in fear that their loved ones will be harmed by law enforcement and that this fear is not new. This fear can be traced back to the very earliest times when slaves were taken out of their homes and sold into the evil institution of slavery. When I asked Dr. David Parker, the Senior Advisor to the Salt Lake City Chief of Police, how to learn about the roots of this fear, he suggested that I look up the relationship between law enforcement and the KKK. I invite you to do the same. On our Wellspring Wednesdays, which have sprung up from Monday Menus and will begin on October 5th, we will have a circle of learning and sharing around "Unpacking Race and Privilege." Throughout this time of learning (you are invited to bring your questions for us all to investigate), we will be taking time to meditate and activate our hearts as well. We will be looking to create that hard won harmony that can be found between reason and our hearts. The questions and quotations will also be offered on our website so that you can follow along even if you aren't free on Wednesday nights.

May you join us on this journey.

In love and community,

Rev. Patty

## *News from the Social Action Council*

### **The offering split for September/October is as follows: KidsEat**

KidsEat Foundation is a Utah Non-Profit feeding at-risk kids in the Salt Lake Valley. We currently provide backpacks of food for weekend meals.

One in five children are at risk for hunger in our country and Salt Lake City was named # 8 out of 10 of the cities that the children and homeless were most vulnerable to hunger. At the same time this shocking statistic was announced we found that there were many children that attended the Boys and Girls Clubs that were in these ranks. KidsEat! Has a mission to located businesses, churches, and other organizations to donate food to help feed as many of these children on the weekend as they can by providing backpacks filled with 7 meals to keep them from going hungry.

### **Supporting KidsEat - Help us fill 100 backpacks!**

In support of KidsEat we have committed to filling 50 to 100 backpacks (let's make it 100!) to supply weekend meals for at-risk children and youth in the Salt Lake Valley. To do this, we need individuals and families to donate specific kid-friendly food items over the next few weeks (i.e., oatmeal packets, canned soups/meals, crackers, small peanut butter cups, etc.). Please sign up for specific foods at the Happenings Hub, bring your items to the donation box in the church foyer, and join us if you can on the evening of Oct 26 to fill the packs (during 'Wellspring Wednesdays' Community Night). Questions, or to sign up over email, contact Susan at [eyzsooz@gmail.com](mailto:eyzsooz@gmail.com)

## *Prayer Shawl Ministry*

The prayer shawl group will hold its next meeting on Thursday, October 20, at 2:00 p.m. in the Senior High Room. Anyone who is interested in knitting or crocheting shawls or afghans to contribute to the Prayer Shawl ministry is welcome to join us. If you are interested and have questions, you can contact me at [lorriquigley@msn.com](mailto:lorriquigley@msn.com).

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

South Valley's Covenant of Unitarian Universalist Pagans (CUUPS) will be offering a series of three very special fundraising dinners in preparation for our semi-annual retreat with renowned author and lecturer Christopher Penzack.

### **Renaissance Dinner – 15th Century Banquet Dinner**

October (exact date TBA) - \$30 - Costumes are encouraged at this gala affair offering music and a medieval feast including French onion soup, beet salad with arugula and walnuts, mashed potatoes, roasted squash, sautéed mushrooms in garlic wine sauce, chicken legs, and stuffed and baked apples a la mode.

### **Dinner in the Dark – A darkened and blindfolded four course meal**

January (exact date TBA) - \$30 - Remove that most important of senses and your others become heightened. We don't want to give away the menu, but be assured of the highest quality and variety. Fun for the entire family (child friendly menu upon request).

### **7 Course Meal**

February (exact date TBA) - \$50 - We will pull out all of the stops. This luxurious meal will include a selection of wine, appetizer, soup, salad, sorbet, fish or poultry, a main course with vegetable, and a dessert.

Christopher Penzack will be offering a weekend seminar on his book "The Plant Familiar" at the Aura Soma center in Lava Hot Springs, ID on March 23 - 26.

## *Happenings Hub*

**Every Sunday after service.** Visit our new Happenings Hub in the Social Hall after each Sunday Worship Service to find out about all of the goings-on in our community. You will find information and signup sheets for all kinds of activities and volunteer groups, such as Wellspring Wednesday offerings (our community nights), social action opportunities, hikes, committee needs. Contact Susan Eyzaguirre [eyzsooz@gmail.com](mailto:eyzsooz@gmail.com) for more information.

## *From The Welcoming Team*

David, Erin, Tessa (2) and Jenny (newborn) are excited to be joining South Valley. David and Erin are both Software Engineers at Adobe and Xactware respectively. David's latest escapade is creating the South Valley Auction software that we will use for this year's auction. Be nice if there are bugs. ;)

One of our favorite family activities are going on walks together down to the mailbox. Tessa especially loves to play a game running around the mailbox and through different mailboxes. She loves playing her own version of tag. Tessa loves reading, but would rather watch Daniel Tiger or "Let It Go" on Frozen if given the choice. Jenny is very calm, quiet and cuddly.

We love that South Valley helps teach us to love other people. We love the friendships that we've built here. We are excited for what the future here will bring us.



## *Religious Education, Growth and Learning*

### **Sunday Religious Exploration for Children and Youth**

Our Sunday classes this year are using the following curricula:

Butterflies (Pre-K) - Chalice Children (<http://www.uua.org/re/tapestry/children/chalicechildren>)

Pathfinders (K-1st) - World of Wonder (<http://www.uua.org/re/tapestry/children/wonder>)

Trailblazers (2nd-3rd) - Signs of Our Faith (<http://www.uua.org/re/tapestry/children/signs>)

Seekers (4th-5th) - Sing to the Power (<http://www.uua.org/re/tapestry/children/sing>)

Junior High (6th-8th) - Neighboring Faiths - Exploring World Religions

High School (9th-12th) - Be The Change (<http://www.uua.org/re/youth/identity-formation/identity-based/btcp>)

### **October 2:**

Butterflies (Pre-K) - The Inside of our Congregation

Pathfinders (K-1st) - Class Covenant-Making

Trailblazers (2nd-3rd) - Class Covenant-Making

Seekers (4th-5th) - Class Covenant-Making

Junior High (6th-8th) - What makes a belief system a "religion?"

High School (9th-12th) - Coffee Shop Sunday (meet at Beans & Brews)

### **October 9:**

Butterflies (Pre-K) - The Outside of our Congregation

Pathfinders (K-1st) - The Web of Life

Trailblazers (2nd-3rd) - Signs, Symbols, and Rituals

Seekers (4th-5th) - The Power of Earth

Junior High (6th-8th) - Intro to Hinduism

High School (9th-12th) - Be The Change, session 1

### **October 16:**

Butterflies (Pre-K) - Making Chalices

Pathfinders (K-1st) - Nature's Partnerships

Trailblazers (2nd-3rd) - We Lead

Seekers (4th-5th) - The Power of Roots

Junior High (6th-8th) - Field Trip - Hindu temple

High School (9th-12th) - Be The Change, session 2

### **October 23:**

Butterflies (Pre-K) - All Around Us

Pathfinders (K-1st) - Children's Chapel

Trailblazers (2nd-3rd) - Children's Chapel

Seekers (4th-5th) - Children's Chapel

Junior High (6th-8th) - Discussion: Field Trip and Hinduism in current events

High School (9th-12th) - Be The Change, session 3

### **October 30:**

ALL-AGES SERVICE (everyone upstairs)

PLEASE REGISTER YOUR CHILD(REN) and YOUTH!!!

EVERY YEAR we ask you to register your children/youth for our Sunday Religious Education program (it's an important way for us to have accurate current information, track our services, and keep in touch!). Please do this by going to <http://tinyurl.com/SVUUS-RE2016>



## *Opportunities and Announcements*

### **All Hallows Eve Boutique and Health Fair - Community Outreach**

We have a full day of harvest activities planned for Saturday, October 29th! Plan to come anytime between 12 pm-4 pm. While our Children's Carnival will be taking place downstairs, All Hallows Eve Boutique and the Community Health Fair will be held in the sanctuary. Please invite your friends and neighbors-this event is for everyone! Tagge Farms Produce Stand and a mobile unit of the Red Cross will also be there on this day. To be hospitable to our guests, please consider parking a distance away.

Are you interested in leading a short workshop? We have 20-25 minute time slots available for demonstrations, crafts, or discussions. We currently have 3 spaces available for additional boutique vendors and 3 spaces available for the Community Health Fair. If you know of any crafters, or an acupuncturist, massage therapist, nutritionist or naturopath who may be interested in participating, please refer them to Ann Scarborough (952-994-1790 [annbob.scarborough@gmail.com](mailto:annbob.scarborough@gmail.com)).

### **Red Cross Blood Drive**

A mobile unit of the Red Cross is coming to South Valley! October 29th will be a big day, with many harvest festivities happening. Our Red Cross Blood Drive will be held from noon-4 pm. If you're interested in donating blood, you may sign up at The Happenings Hub on Sundays, or contact Ann Scarborough, the Blood Drive Coordinator, at [annbob.scarborough@gmail.com](mailto:annbob.scarborough@gmail.com). There is a huge demand for additional donors, and this is an opportunity to support those in need. Please tell your friends and neighbors-this is open to everyone in the surrounding communities. Thank you!

### **Emergency Response Team**

South Valley is forming an emergency response team (ERT), and we welcome any Friend or Member to come on board and help us get organized. The ERT will be responsible for ensuring facility security and safety for those who attend SVUUS for any reason. We will address issues surrounding medical, weather, fire and unanticipated-event emergencies.

You do not need any first-responder or law enforcement experience to be valuable to the ERT. We will have support from Salt Lake County Sheriff Dept and SLPD. Once we are squared away, any one person's time on the ERT should be minimal. Thanks for considering the ERT as your volunteer time and talent contribution! Contact Caren Smith at [smitharies@yahoo.com](mailto:smitharies@yahoo.com)

**ANNUAL GOODS AND SERVICES AUCTION! ★★★SAVE THE DATE!★★★** 🎉 It's once again time for our

Annual SVUUS Auction! 🎉

Date: Saturday November 12, 2016 Time: 6:00 pm 🍊 Stay tuned! Details to come! 🍊

### **The Library Committee will hold a book sale on Sunday, November 20th after church.**

Come and get stocked up with Christmas gifts!

We need your donations--gently used books, DVDs, CDs--both adult and childrens' puzzles and games are also welcome.

Leave your donated items near the Library cupboards or with Cindy, in the church office. Questions? Ask any committee member--Connee Gates, Gloria Olsen, Rosemary McAtee, Lorri Quigley or Denna Wright



## *Opportunities and Announcements Continued*

### **Equality Utah Allies Dinner coming in October**

The Equality Utah Allies Dinner will be held Friday October 21 at the Salt Palace.

Paul Barron is organizing a table for South Valley and still has a few early-bird tickets at the reduced price of \$180. Please contact him at hummingbird84@yahoo.com with questions or to reserve a spot.

### **WELLSPRING WEDNESDAYS FROM OCTOBER 5TH:**

Look at what's new: On October 5th, Wellspring Wednesdays are springing out of Monday Menus. The delicious vegan menu will continue and we will have several offerings in the areas of spirituality, social justice, fun and hands on learning. Come to the Happenings Hub and sign up!

### **Wellspring Wednesdays - Strategy Game Night**

Restarts next Wednesday, October 5. I have many new games and am organizing a tournament open to all attendees who sign up. Points are earned for participation and how well one does playing each game; bonus points are awarded for attending one (or both) of the two local gaming conventions: International Games Day (West Jordan, 19 Nov 2016; FREE!) and SaltCon (Layton, 2-5 Mar 2017; not free). Prizes include gift cards to local game stores and something for everyone just for participating. Age requirement is flexible, but prefer participants to be 8+. I hope to see many new people this year!

### **NEW TO UU?**

Come and share your story: How did you find us? Tell us about your journey. We'll introduce you to Unitarian Universalism. Facilitated by Rev. Patty Willis and Caren Smith. Sunday, October 2nd after service.

### **First Sunday Potluck**

That's right, it's back! Join us for the First Sunday Potluck for October 2 (THIS Sunday, right after our worship service): "Harvest Bounty" -- there's a plethora of fresh and flavorful options all around us, so show off your best dish of the harvest season! My dish will certainly feature some beautiful tomatoes :-). Bonus points for using zucchini in a dessert! Donations will be gratefully accepted in lieu of food if you don't have time/forget; you are welcome if you come with dishes in your hands or a smile.

See you Sunday!



### Save the Date

November	12	Annual Goods and Services Auction
November	20	Library Committee Book Sale

### Upcoming Events

October	2	First Sunday Potluck
October	5	Wellspring Wednesdays Begin
October	20	Prayer Shawl Ministry
October	21	Equality Utah Allies Dinner
October	29	All Hallows Eve Boutique & Health Fair
October	29	Red Cross Blood Drive



### 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: [ibedotclay@comcast.net](mailto:ibedotclay@comcast.net)

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