



Volume 36, Issue 11

November, 2016

November Theme: Spirituality



In This Issue:

November Services	1
Leadership Directory	2
Board Message	2
Minister's Message	3
Social Action News	4
Prayer Shawl Ministry	4
CUUPS	4
Happenings Hub	4
Religious Exploration	6
Opportunities & Announcements	5-7
Save the Date	8
Upcoming Events	8
Caring Circle	8

November 6: "On the Edge of Unknowing"

As we sit together on the eve of an election, we experience the unknowing that is always there. As we dare to live in hope and love, let us explore the life of a woman who deeply experienced the unknowing of a world of silent darkness and who famously broke the silence around her by reaching through and making connections. When she wanted to experience a lion, her teacher Annie Sullivan, asked that the lion be fed and then allowed Helen to go in and touch the lion from its tail to its head. That is what she did with the world: she reached out and experienced it in ways that inform us of new levels of sensing and understanding. How can her prophetic life guide us to live fully in the midst of unknowing?

Rev. Patty Willis

November 13: "Our Dream for a Multi-Faith Prayer Service"

Sometimes peace seems like a distant unreachable dream. Rev. Patty and Alan and Andelyn Bachman believe that many faiths worshiping together is a way to peace. With this service, we are ushering in another way for South Valley to connect more deeply with other faiths through a monthly Interfaith Gathering for Prayer and Song in December. Come and let us worship together. Alan and Andelyn will be interweaving their music throughout the service.

Rev. Patty Willis

November 20: "Bread Communion: Making Room at Our Table"

What does hospitality mean? How do we show it to each other? Is everyone welcome at our table? Come and feel the warmth of community and bring bread to share.

Rev. Patty Willis

November 27: "Stories of Gratitude"

Come and hear the stories that are the building blocks of our community. What fills your heart with thankfulness? Do you have a practice of gratitude to share?

Rev. Patty Willis

LEADERSHIP DIRECTORY

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

MINISTER

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Email: minister@svuus.org

SVUUS BOARD OF TRUSTEES

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Liz Martin (Director) 801-604-2973
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Office Hours:
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Tuesday: 6:00 – 9:00 p.m.
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CARING CIRCLE

Dot Clayton (Chair) 801-561-4776
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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

Message from the Board

This fall has been a very welcome change for me. I never thought I would say that I was glad summer has passed, but this summer, with its steady heat, really wore me out. This fall is also a time of new beginnings for South Valley. As we say on Sunday mornings, there are many ways to get involved in the life of this congregation. You can not only enjoy the feeling the positive energy at South Valley, but also be another source of that energy by finding ways to serve others. You may just find that an exhilarating experience.

This fall brings a new weekly religious education opportunity in the Wellness Wednesday program. This is a chance for all of us to participate, an opportunity to enrich your life by learning new things and getting to know new people. I have been so happy to see South Valley becoming the vibrant place that it is right now. I love when visitors stand up to introduce themselves, saying that they feel welcomed among us, and then I see them going on to contribute to that welcoming feeling.

There's a lot going on around South Valley and that is fantastic. Besides our adult religious education there is a lot to appreciate. I love our renovated bathrooms and comfortable chairs. I love our choir and pianists, and I truly enjoy the beautiful music that Patty and Lou provide. Being in the choir is a privilege I prize.

Fall also means that it's time for our Annual Goods and Services Auction on November 12th. This year will be the first time I haven't co-chaired the Auction for about 12 years, so it seems a little bit strange for me, but I do welcome the change, and I have great confidence in the new auction committee. I have been assisting them with my experience and ideas. My hope is that you will all support them as they venture into this new and vital responsibility. There may be some heavy lifting, but everyone's support will assure great success. Please get registered on line as soon as you can, and submit your donations.

You talents and your treasures are essential to continue the programs and services you love in our congregation. Your contributions make it possible to have a wonderful full-time minister, to hear great music, to maintain a robust religious education program for children and adults. They are essential even to remain warm in winter, to have lively performance events, and to all the causes dear to your hearts. What you give at our auction is crucial to sustain us throughout the coming year, so please donate generously.

Another very special event coming up on November 6, when we all will have the privilege of attending the ordination of John Cooper as our Affiliated Community Minister. We know he has worked very hard for this day, and are proud of him. John has long been a prized member of our community, and we are very happy he has found a way can remain among us. We all have benefited from his presence, his listening ear, his knowledge, and his sermons. Let's support him and share the joy in his ordination.

I am so ready for our distressing election to be over, so be sure to get out and vote.

In community,
Cynthia Dobbs



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From Our Minister

Minister's Newsletter: A Spirituality of Breath and Wind
November 2016
Monthly theme: Spirituality

What does the word "spirituality" mean to you? Some people want it instead of religion and others don't want it at all. From my very earliest childhood memories, I have felt a strong sense of spirit or Spirit! Life at its best is when my spirit feels at home and integrated into every part of my life. I often feel that sense of integration as your minister because my inner voice, a voice that I think of as articulating my deepest yearnings, led me to seminary and to ministry in Salt Lake City. The Quaker seminary I attended, Earlham School of Religion, provided lots of spaciousness around my decision to enter ministry. "It will be hard," they told me and my fellow students. "If it is not right for you, do something else." During those years, living in a small room with a large tree inhabited by a very active squirrel out my window, I developed my own spiritual practice: I breathe.

When I am inside and needing space to think or consider, I concentrate on my breath. I breathe to find those strands that connect me with the web of life. This practice of breathing is at the center of my feeling good, safe and connected with the people I love and with strangers I will never meet. Depending on the day, I concentrate on different aspects. Sometimes, I think of something I heard once: air is recycled over and over again. It is possible that I'm breathing air that once nourished a dinosaur. That practice helps when I feel sharply a kind of solitariness. After breathing deeply with intention thinking of the dinosaurs (or bears!) and ancestors who breathed that air before I did, my heart feels comfort as my solitariness transforms into feeling that I am one of many.

Each morning, when I wake up and get out my journal, I ask a question of breath with words that are something like this: How can ruah blow through me today? Ruah is a Hebrew word for wind that is a creative force in the universe. I ask that ruah blow through me and inspire me with creative ideas. That inspiration has become an integral part of greater health and happiness. It has also brought me wisdom as if sharpening my hearing to the heartbeats of others as well. Some of you may remember cards from me or calls or emails. When I ask for inspiration I'm asking for a deep connection with your lives and an awareness of your needs. This was my intention the morning that I felt prompted to reach out to a storyteller from the Northwest Band of the Shoshone, when I wrote public letters of support to the Muslims of Salt Lake City, and when I wrote an email to the mayor of Cottonwood Heights asking if we could have a fire truck out front during our Autumn Fair. My morning time of listening and breathing has made my ministry here rich, satisfying and full of Spirit.

These practices of breathing are foundational to my life. What do you do? How do you find your way when you are feeling lost? How do you see into people's hearts around you? I would love to hear.

In love and community,

Rev. Patty



News from the Social Action Council

Nov - Dec Offering Split Recipient - Maher

In the spirit of serving our wider community, we at South Valley split our Sunday morning worship service offering with a charitable organization whose works align with our values and principles. For November and December we have chosen Maher, an organization that provides refuge for destitute women, children and men from all over India and helps them improve their lives, irrespective of gender, caste, creed or religion. More than 4,000 women and children have been served and have been gained life-saving self reliance, confidence and dignity.

Maher's mission is to identify and understand the root causes of violence and despair experienced by women and children in India and to provide services to those in need. Maher encourages family reunification when possible and provides spiritual counseling, medical care, vocational training for women, and education and developmental services for children. They work towards creating sustainable communities by addressing economic, educational, health and environmental issues in Indian villages and slums.

"Maher" in the Marathi language means "Mother's Home": a haven of hope, belonging and understanding. Maher was founded by Sister Lucy in 1997 and is a United Nations registered non-governmental organization (NGO). Learn more about this fabulous organization at: www.mahershram.org

Prayer Shawl Ministry

The prayer shawl group will hold its next meeting on Thursday, November 17, 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.

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 Penczak.

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 Penczak 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 for more information.

Opportunities and Announcements

IT'S GUEST AT YOUR TABLE TIME!

Since our beginning, South Valley has followed the UU Service Committee tradition of enjoying GAYT boxes in our homes. This year's theme is "Defying Hate". If you viewed Ken Burn's TV special "Defying the Nazis," you will recall how UUSC got started by helping Jewish refugees escape the Nazis.

You can pick up your family's box or envelope plus a copy of Stories of Hope beginning Sunday Nov 20.
-- Connee Gates

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, November 6th after service.

First Sunday Potluck

That's right, it's back! Join us for the First Sunday Potluck for November 6th. Sunday, right after our worship service. See you Sunday!

The Library Committee will hold a book sale on Sunday, November 20th after church. COME TO OUR PRE-HOLIDAY BOOK SALE NOV. 20

South Valley's Library Committee invites you to donate and shop at our full-of-bargains book sale. Donations are very welcome until the day of the sale, i.e., both hard and soft cover books of all kinds and for all ages, CDs, DVDs, games and more.

Then, come and browse our tables for great choices in books to read and gifts ideas for family and friends. Your purchases help us pay for new books to make available for check-out. Sunday Nov. 20, after services!

Wellspring Wednesdays

November Wellspring Wednesday Classes!

Chase the November chill with a warm bowl of soup at 6:00 pm, then join in an interesting discussion in a new or continuing class.

Strategy Game Night Continues - We have many new games and are 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+. We hope to see many new people this year! Paul Carlson facilitates.

Unpacking Racism and Privilege from Our Town to the World - Are you concerned about the racism we see on the news around the world? Do you want to figure out how we have arrived at this place? Join us for a hands on learning experience around unpacking racism and privilege. Together, we will investigate history and current events from many perspectives. Prepare to keep a journal and be transformed! Various facilitators with class participation.

Christ for Unitarian Universalists - How do we as Unitarian Universalists view our relationship with traditional Christianity and with the stories and teachings of Jesus Christ? The jumping off point for our discussion will be chapters from a new book from the Beacon Press -- Christ for Unitarian Universalists: A New Dialogue with Traditional Christianity. Scotty McLennan, the retired dean for religious life at Stanford University, presents an engaging and thoughtful inquiry into Christianity for Unitarian Universalists and other spiritual seekers. Nov. 2, 16, 30. Lorri Quigley facilitates.

NEW! - Save our Sanity; Stuff, Stress, and Santa Claus - Nov. 16 with Val Alyse

Most people seem to hate the holidays as much as they love them. Join us in this interactive class where we will talk about how to keep the good parts of the holiday season, make them more meaningful, and reduce or eliminate all the things we don't like about them. We will share memories and ideas, and make action plans that will help us align what we do during this busy season with how we wish to live our lives.

Opportunities and Announcements Continued

Wellspring Wednesdays Continued

NEW! - SoulCollage - Nov. 30 with Julie Vesely SoulCollage® is a creative and transformational collage process. You make your own deck of cards-or even just a couple of cards! – each collage card represents 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, between you and your family/community/world, and between you and your dreams/symbols/Spirit. Use your cards for inspiration, meditation, and direction. Facilitator, Julie Vesely, loves sharing the creative and spiritual aspects of this insightful practice with seekers and dreamers alike! Join us! *Material fee: \$20*

If you have questions, please contact Cole at colecasto@comcast.net

Religious Education, Growth and Learning

Sunday Religious Exploration for Children and Youth

November 6:

Butterflies (Pre-K) - “All Around Us”
 Pathfinders (K-1st) - “Thanks Be for Trees!”
 Trailblazers (2nd-3rd) - “Our Faith Is a Journey”
 Seekers (4th-5th) - “The Power of Growth”
 Junior High (6th-8th) - Intro to Buddhism
 High School (9th-12th) - Be The Change, session 4

November 13:

Butterflies (Pre-K) - “Chalice Necklaces”
 Pathfinders (K-1st) - “Balance in Our Ecosystem”
 Trailblazers (2nd-3rd) - “Seeking Knowledge”
 Seekers (4th-5th) - “The Power of Place”
 Junior High (6th-8th) - Field Trip - Tibetan Buddhist Temple
 High School (9th-12th) - Coffee Shop Sunday (meet at Beans & Brews)

November 20:

ALL-AGES SERVICE (everyone upstairs)

November 27:

Butterflies (Pre-K) - “The Beauty of Nature”
 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 Buddhism in current events
 High School (9th-12th) - Be The Change, session 5

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

YOU'RE INVITED TO THE ANNUAL

SVUUS Auction

Saturday, 12 November
6:00 pm

Denate
at the website to host a dinner party,
make some art, share your hobby...
get creative!

Volunteer
at the Happenings Hub to help set up,
clean up, bartend, etc!

Then **dress up** like it's the



The graphic features the text '80's' in a stylized, bubbly font. The '8' is pink with horizontal stripes, the '0' is blue with horizontal stripes, and the 's' is orange with horizontal stripes. Below the text is a black cassette tape with a yellow and red label that says 'Mix tape 4'. The entire graphic is set against a background of horizontal rainbow stripes.

Admission \$16 / kids \$5

To buy tickets and make donations, visit

auction.svuus.org

South Valley Unitarian Universalist Society

Save the Date

December 4 Community Chat

Upcoming Events

November	6	First Sunday Potluck
November	6	New to UU Class
November	12	Annual Goods and Services Auction
November	17	Prayer Shawl Ministry
November	20	Library Committee Book Sale
November	20	Guest at Your Table
Ongoing		Wellspring Wednesdays



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

Sandy Dreis	801-256-0825
Mel Welliver	801-963-8258
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