

The Beacon

South Valley Unitarian Universalist Society

Volume 37, Issue 4

April, 2017

April Theme: Mindfulness



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April 2: "Taking Leaps of Faith"

When we are at a crossroads or on top of a holy mountain, where will the next step take us? Is it possible just to stand there? Come and listen to UU and psychologist Marilyn Mehr speak of courageous choices that took her all the way to the United Nations.

Dr. Marilyn Mehr

April 9: "Flower Communion"

This tradition reminds us of the life of Unitarian minister Norbert Capek who looked out at the wildflower covered mountain meadows and saw an image for Unitarians. Which flower are you? Bring some flowers to share.

Rev. Patty Willis

April 16: "The Good News of Easter"

How do we translate this ancient narrative into a story for our time?

Rev. Patty Willis

April 23: "Mindfulness: Hindu Goddess Text"

Sinamon Wolfe

April 30: "Why do we celebrate the Earth when so much is at risk?"

Now the camp at Oceti Sakowin at Standing Rock only holds a memory. What do we learn from that memory? When outcomes are sad how do we remember all of the history?

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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CARING CIRCLE

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

SVUUS Web Site

www.svuus.org

SVUUS News & Community Email Lists

South Valley has two email lists, one for official announcements and the other for communications within the congregation.

If you wish to sign up for either or both of these lists, please visit: www.svuus.org/our-community/online/

To send a message to the list, simply address it to

news.svuus.org

From the Board of Trustees

Message from the Board

Recently I went through a work-related training in which we narrowed down our goals into one or two main objectives and then unpacked our to-do lists to align with our vision. This was a very insightful process for me, and it opened my eyes to how I can better align with my vision, and where I may be off course.

At our board retreat last August we went through a similar process and established some short to medium term goals based on input we received from all of you. For those of you who haven't seen them I thought I would share them with you.

- 1) Establish a comprehensive approach to managing the SVUUS facilities that includes a functioning committee that works with the board. Have empowered inside and outside staff members, an electronic facilities request form and a 5 year plan that outlines maintenance, improvement projects and that makes the SVUUS facilities inviting and usable for members and visitors.
- 2) Establish a process for the membership committee & volunteer coordinator to involve new members with SVUUS in any activity shortly after joining the congregation. Get a database of tools & skills South Valley members have and challenge members to use them to: A) help SVUUS physically, B) help each other at home and C) help on committees.
- 3) Have a documented year-round stewardship campaign that is integrated with and supported by other groups.
- 4) Fair Compensation for staff.
- 5) Create and foster youth programs beyond Sunday REGAL that promote involvement in and from the community.

As we near the end of our annual pledge drive, and especially for those of you who haven't filled out your 3T cards yet, I wanted to present you with these goals so you can have a better understand of what we will be aiming for in the upcoming months and years. Thank you for all of your support and dedication to this thriving community. Together I know can achieve our goals and continue progressing as a congregation.

Sincerely,
Ann Hess
Board Secretary



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From Our Minister

Mindfulness as a Radical Act
April 2017

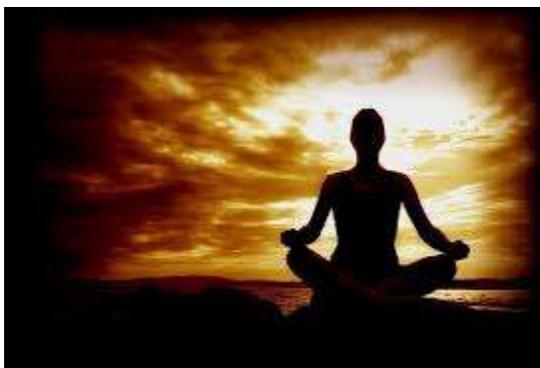
During our meditation time, I ask if anyone would like to say the name of someone close to them who is going through difficulties. For the past eighteen months I have been saying “Jennifer Willis,” my brother David’s wife, the mother of university students who have introduced themselves after our service. For those eighteen months, she has been struggling with the second round of cancer. As I write this, I am on an airplane moving towards where she is now hospitalized near Washington D.C. When I spoke to my brother two days ago, it was clear that I needed to go. When I sat quietly and thought of him sitting by her bedside in the ICU and their 16 year old son Daniel home alone, it simply emerged—the picture of my being there for a few days. These are the kinds of choices in my life that have emerged out of silence. In November and December, I knew that I had to go to Standing Rock. That knowledge, too, came to me when I allowed quiet to envelope me and my mind could rest from the usual pattern of my days and imagine what other opportunities were calling.

It is too easy for our minds to become caught in the chaos of the daily news. This is the time when we are most needed—--not our rabid, spitting, swearing selves (although healthy anger can be great rocket fuel!)---but our mindful selves surveying the world and speaking of our love and our grief. Someone asked me if I was sad, and I have been sad as I watch my sister-in-law’s suffering deepen and her days on earth shorten but it is more than that. I feel grief at the way that the earth is being treated by humans and by the lack of connection, almost animosity to all that is natural, demonstrated so loudly by this administration. As I sit by my sister-in-law’s bedside, I am also sitting by the Earth, listening to its sounds of suffering. And, in this deeply disturbing time, I will hold to my practice of breathing and mindfulness to keep feeling whole. I will seek hope in remembering the ways that the Earth has healed itself over and over again.

What would a practice of mindfulness yield in our community? Mindfulness helps us to see with a larger perspective beyond our own anger. Ultimately, it shows us what we can do, what is within our control. Mindfulness helps us connect with the power within and discover what only we can do. As I fly closer to Jennifer, I carry the memory too of our time of communal mindfulness when we lift up all who are suffering in the light of our community. Mindfulness is connecting us to each other even when we are on the other side of the country.

In love and peace,

Patty



SVUUS Board of Trustees Announcement

Annual Congregational Meeting, Sunday, May 7, 2017, beginning at 12:30 - Childcare will be provided

This year's annual congregational meeting will be held after the service on Sunday May 7th. SVUUS members and friends are strongly encouraged to attend in order to meet the voting quorum requirement. Congregation members will vote to adopt a budget for the coming year and to elect new members of the Board, Endowment, and Leadership Succession and Development Committees.

The Leadership Succession and Development Committee is happy to announce the following candidates for 3-year terms:

Board of Trustees: Ann Scarborough, Lorri Quigley, Sandra Roach and Sandra Xyone

Leadership Succession and Development Committee: Denna Wright

Endowment Committee: Christine Hirrill

More information about these candidates is in this April Beacon. One of the most important responsibilities we have as members of a UU congregation is electing members to serve in our leadership positions.

Wellspring Wednesdays

Spring Wellspring Wednesday Classes Continue through May 3.
Homemade soup is served at 6:00 pm. Classes begin at 6:30. See you there!

Strategy Game Night continues with Paul Carlson.

Exploring Heart Mountain and Topaz with Rev. Patty Willis.

In view of current politics, it is more important than ever to explore the treatment of Japanese living in America during World War II. History points to our weaknesses. Let us explore what we are in danger of repeating.

April 5. "Topaz" Documentary and discussion: Then and now.

April 12: Mine Okubo's experience at Topaz in her graphic novel style book.

Do It Yourself! (DIY)

A series of hands-on classes facilitated by the experts of SVUUS

Apr 5: Understanding Your Yard 101: Spring Strategies with Bob Burns

Apr 12: Learn to Draw with artist, Alaina Hendricks

Apr 19: How to make homemade bread sticks with Jill Eichbauer (Begins at 6:00 pm)

Apr 26: Learn to Knit and Crochet with Shannon Fugal and Lorri Quigley

May 3: Before the Flood: documentary screening and discussion with Ted and Tucker.

South Valley Book Group: to begin, three book selections will be offered in conjunction with Rev. Patty's class, Exploring Heart Mountain and Topaz. Class participants will choose to read one or more of the following books. Participants will decide when the first book discussion will be held. Contact Janis Ries for more details janisries@gmail.com

-Heart Mountain, a novel by Gretel Ehrlich, is the story of a local rancher and his life in the shadow of Heart Mountain, the WWII camp in Wyoming, where Americans of Japanese were imprisoned during WWII. It chronicles his relationship with a Japanese girl and her family. (Copies available from the church library.)

-Journey to Topaz, Yoshiko Uchida relates her experience as a young Japanese girl with her family while they were uprooted from their California home and relocated to the horse stalls of a racetrack before ending up in Topaz, a bleak and dusty prison camp in the isolated Utah desert. (Copies available from the church library.)

-Citizen #13660 is an autobiographical account by Mine Okubo of her experience as a young girl caught in California while visiting her family on Dec. 7, 1941, the beginning of WWII. She describes the process of Japanese Americans becoming the targets of racial hatred and suspicion in this graphic novel style book.

POSTPONED to the fall!!! - - - Cakes for the Queen of Heaven: ON THE THRESHOLD with Ann Hess.

Register for classes after church at the Happenings Hub in the social hall or email colecato@comcast.net.

Welcome New Members

WELCOME WESLEY & AMBER WARREN

Wesley and Amber Warren are excited to be a new part of the South Valley Unitarian Universalist Society. They live in Highland, Utah and have three boys: Holden, age 9 who is in 3rd grade and loves soccer, Pokemon and Legos, Oliver, age 6 who is in Kindergarten and loves animals, dancing, and hugs and Calvin, who is nearly 2, loves cars, and is adored by everyone. Wesley is originally from Portland loves graphic novels, comic books, and music. Amber loves cooking, reading, and her boys!



Prayer Shawl Ministry

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

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.

Dedication of the Connee Gates Library - March 4, 2017

Thanks to the generosity of everyone who contributed to the Social Hall renovation, we now have a new, brightly lit space with easy access as a permanent home for the church library. No more moving large book cabinets around. No more worrying about the overburdened shelves collapsing.

On March 4, 2017, at the Big Event, the library committee had the privilege to recognize and honor the person who has worked for so many years to be sure a church library would continue to exist here at South Valley – **Connee Gates**. We dedicated the new library and officially named it the *Connee Gates Library*. A sign with the official name will be installed above the beautiful glass doors. And a plaque which reads “*In grateful recognition of **Connee Gates** for establishing and sustaining a library at SVUUS*” will be installed on the wall next to the library. It was very gratifying to see the surprise on Connee’s face as she received a standing ovation. For the first time in perhaps forever (Connee’s words), she was speechless!

We want to share a tiny bit of the history of the South Valley Library so you will have some idea of why this means so much to us. The library was created soon after the congregation started meeting in what was then the St. James Episcopal Church – about 1982. Books were stored in a cabinet by the men’s room or in the member’s homes. In 1994, the Board of Trustees formally adopted a memorandum establishing the South Valley Library and the library committee, Connee Gates and Jean Starr, were given a room in the annex to use for the small but growing collection of books and materials. More books, supplies, and furnishings were donated by members of the congregation.

In the years that followed, the library experienced several ups and downs. From 1994 through 2012, the library was moved to five different locations. Through it all Connee was the one person who was there when the library was first envisioned, who helped draft the original document formalizing the existence of the South Valley library, and who through all the moves was there to support and sustain the continued existence of a church library even when most of it was stored in boxes in her garage.

So please visit the new Connee Gates Library in the renovated Social Hall and join us in honoring and thanking Connee Gates for the deep love and dedication she has shown for the church library since South Valley was first established.

Members of the South Valley Library Committee - Denna Wright, Rosemary McAtee, Gloria Olsen, Lorri Quigley



Nominations to the Board of Trustees

Lorri Quigley

Lorri has been a member of South Valley since 2002. She was introduced to Unitarian Universalism by her children who began attending the South Valley youth group when they were in high school. Lorri was impressed by the youth program and decided this is where she might find a spiritual community.

Lorri has served on a number of committees during her years at South Valley. Most recently she was chair of the Leadership Succession and Development Committee from 2012-2016. Lorri has also served on the library committee, transition team, stewardship team, communications committee, and the personnel committee. She taught in the RE program and was instrumental in starting the prayer shawl ministry at South Valley.

Lorri and her husband, Phil, have been married for 48 years. They have two children and two grandchildren. Lorri has a Master of Education degree in special education and certifications in elementary education, distance education & technology, and library science. She taught at the Utah Schools for the Deaf & the Blind for 21 years, then served as a program director at the school for 18 years before retiring in 2009. She currently serves as chair of the Board of Trustees for the Utah State Library Division.

Sandra Roach

I have been a member of South Valley Unitarian Universalist Society for 27 years. During this time I have held several leadership positions, beginning in the early 90's by serving an un-finished term of a board member on the Board of Trustees. Also in that decade I chaired the (now defunct) Finance Council, the annual auction, and twice ran the (at that time) annual church yard sale.

I helped organize and produce our big party that ushered in the new century on New Year's Eve, 1999. I have been active in organizing and participating in circle suppers off and on for many years.

I became involved with the Mountain Dessert District (MDD) in the early 2000's and served as a liaison for all the UU churches in the MDD for two years. Because of this work I also became involved with the UUA in Boston and worked with the Education Department, helping write a training manual for UU churches to use in presenting Growth Workshops. I also traveled to several MDD churches and co-facilitated some of these workshops.

For South Valley, I have used my teaching skills to facilitate a few adult education classes, such as A Sense of Place, Voluntary Simplicity, and John Buehren's Understanding the Bible.

In 2003 I served as chair of the Rev. Sean Parker Dennison's Installation service and chaired his sabbatical task force in 2006. I also worked on the Twenty-fifth anniversary celebration in 2008. For several years I served on the Welcoming Committee and have organized several worship services for our summer programs.

More recently I have served on the Leadership Training and Succession Committee, as chair, and currently serve on the Committee on Ministry. I am the editor of the weekly Happenings.

Ann Scarborough

Hello, my name is Ann Scarborough and I am honored to begin serving on the Board of Trustees at South Valley UU. My husband and I moved here in July 2015 to be near our daughter's family. You know how grandchildren exert a gravitational pull on their grandparents! The rest of my family are members at Hilltop United Methodist Church in Sandy, but I chose to follow my heart and have planted myself happily in your community...

I graduated from the University of Minnesota with a self-designed degree in Public Health, Family Social Sciences and Humanities. Seeking health and wholeness for myself and others, I pursued a career in Massage and Lymphatic Therapy. I owned 2 businesses, Shalom Therapeutic Massage and Dynamic Journey Massage & Wellness, both located in Minnesota. It has been a wonderful and gratifying career which I plan to resume when I retire. Currently I provide customer service for a nonprofit agency that services student loans.

Nominations to the Board of Trustees continued

Bob and I have enjoyed parenting three children. Justin was born with profound disabilities and blessed us for only 3 ½ years. Our daughter, Maria, lives here in Utah with her husband, Mike, and two daughters, Talia and Gabriella. , Autumn lives in Salida, Colorado and visits whenever she can. We have three additional grandchildren and 4 great grandsons through marriage that provide endless entertainment!

Reading, hiking, traveling, gardening, and music are my favorite hobbies. I have been enjoying the musical concerts offered at South Valley UU and appreciate the music and poetry of our services! The advocacy for justice and for environmental issues are dear to my heart and I am grateful for the passion and involvement of our community!

Sandra Xyone

I was born into a wrong gender back in 1955. Tried to live as a male for 56 years. But I would have times that I liked to be fem. I would always be told that that is not the way a boy should act. My first 7 years were lived in MN. I was a demonstration baby as I was an eleven pound 2 & 1/2 oz baby and therefore very easy to handle. After this short lived career as a porn star I went to school in Minneapolis MN. My mom was divorced as my father had a problem with alcohol back then.

When she remarried her new husband was from Utah. We moved to Utah. We had become Mormons as our new father was one. So I was brought up in a very sheltered life. All through my life there would be signs of my real gender showing through. I learned how to cook and sew by hand. But I had to repress my desires to wear the clothes I longed to be in. I even considered becoming a fashion designer when it came time to choose a career. I served a mission for the LDS church in 1976-1978 in the South American country of Colombia. I was somewhat awakened by the experience as to other ways to think. I became married to a Colombian woman and had two boys. I did so much want to have a girl but it never happened. Spent 9 years married to her and then we went our separate ways. Was single for another 9 years and then remarried to a very controlling person. During my first marriage I served in the US Army for a few years and the National guard for another 9 years. When my last marriage ended after 9 years. I began to question my life and who I really was. I knew that I had to express myself as a woman and came to the conclusion that I should embrace it. When I did I felt so liberated. Gender is the way you think not the way your body looks. I must mention that we are all the same inside. Mother nature has created persons with aspects of both genders, and as one being of such a creation I can say that we need to treat all the same.

Endowment Committee: Christine Hirrill

Christine Hirrill joined SVUUS on Mother's Day with her daughter in 2012. One of her first contributions to our community was a new form of small covenant groups, called Branches, which ran for two years. Next, she was instrumental in creating the Monday Menus program, which recently evolved into Wellspring Wednesdays. She has also facilitated two series of OWL classes (a comprehensive sexuality education workshop series) for 4th-6th graders. Finally, she successfully ran our stewardship campaign for two years.

For these contributions, Christine received our church's very first Outstanding Leadership Recognition for our 2013-2014 church-year based on being a primary visionary and instigator of action in our community. Christine was elected to serve a 3-year term on the SVUUS Board of Trustees in 2014, and is currently serving as Vice-President.

Leadership Development and Succession Team: Denna Wright

Denna has been a Unitarian Universalist since 1970; Denna and husband, Bob were founding members of the Park City Unitarian Universalist Society in the late 1980's. Denna joined SVUUS in 2009 after Bob passed away. She loves this community and feels it to be an integral part of her life.

Her working career was in public service, as a public librarian, and she is still service oriented. In the past few years, Denna has been active with Social Action—delivering food boxes for Utah Foodbank, helping collect food and clothing for other worthy charities and working with homeless youth at the Youth Resource Center.

Denna spent 3 years on the Caring Circle, one year as Chair and four years on the Yard Sale Committee, also helping with several pledge drives and the Annual Auction. Currently She is Co-Chair of the Library Committee and Chair of the Leadership Development and Succession Team.

Save the Date

May	7	Annual Congregational Meeting
May	14	Library Book Sale

Upcoming Events

April	2	Macho Nacho Bar
April	20	Prayer Shawl Ministry
April	29	Ethical Eating Potluck



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

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