



Volume 40, Issue 3

March 2020



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SVUUS EDITORS:

Beacon-
admin@svuus.org

For information on the
Happenings email newsletter,
the web site or our email lists,
please contact
communications@svuus.org



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| March 1: What does a progressive faith look like? | Rev. Karen Madrone |
| March 8: Transforming hope into action | Rev. Karen Madrone |
| March 15: Experimentation and Play as Spiritual Practice | Rev. Karen Madrone |
| March 22: Strangers in a Stranger Land | Guest Speaker Rev. Gerson Annunciacao |
| March 29: Living a Visible Faith | Rev. Karen Madrone |

LEADERSHIP DIRECTORY

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

MINISTER
Rev. Karen Madrone
minister@svuus.org
801-810-6184

SVUUS BOARD OF TRUSTEES

Ann Scarborough, President 952-994-1790
Bubble Emerson, Secretary
Phil Quigley, Treasurer 801-201-0906
Denna Wright, Vice President 801-274-0756
Juergen Korbanka, Trustee 801-979-3020

CHURCH ADMINISTRATOR

Cindy Martin 801-944-9723

Email: admin@svuus.org

Office Hours:

Tuesday - Thursday 12:00-5:00 pm

Friday 8:00-1:00pm

*Third Tuesday of the month 2:00-6:00pm

** Third Wednesday of the month 8:00 am - 12:00 pm

RELIGIOUS EXPLORATION

Rebecca Britt (Acting Director) 801-214-8340

Email: dre@svuus.org

CARING CIRCLE

Ines Korbanka 801-979-3020

Email: ikorbanka@yahoo.com

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: community@svuus.org

From the Board of Trustees

“Hope is the thing with feathers that perches in the soul-and sings the tunes without the words-and never stops at all.” ~Emily Dickinson

This Emily Dickinson quote is one that my mother-in-law loved! Hearing these words immediately brings happy memories bubbling up from the recesses of my heart as I savor the images of her celebrating holidays with us. (She was widowed at a young age, so times spent with our girls meant a lot to her...) Bob and I lost our mothers within 7 months of one another; it was a difficult time for our daughters aged 17 and 7...

Our community is holding many hopes close in our hearts right now. These are tender hopes born of our dreams. But our minds want to trick us into feeling anxious, nervous, scared, out of control, pessimistic maybe, dare I say- distrustful? When so many things are being done behind the scenes on our behalf by our chosen leaders (Kris Berg, Bryan Debbink, Maureen Davies, Kaed Croxford, Bob Speiser, Sinnamon Wolf- the Ministerial Search Committee) and by the Board of Trustees, it can be nerve-wracking to NOT KNOW how things are progressing. It seems to be the nature of our human condition that we want control, even when we know that it's not reasonable. In another congregation I might be able to counsel, “Have faith.” But in our community of many beliefs, that statement can fall flat.

How do we hold to the center? How do we trust? How can we draw strength from one another? Now, these are good questions! It is in taking control of what we CAN control (our own selves), thinking of others, recalling all the other times that SVUUS has pulled through tough situations and come out stronger, that we empower ourselves. Elisabeth Kubler Ross was a shero of mine. You may recognize her as the founder of the hospice movement, the person who detailed the Five Stages of Grief. Did you know that a Sixth Stage has been added by her colleague, David Kessler? “Finding Meaning”. Taking action is an effective way to convert energy from one form (grief) to another (meaning). It can also convert anxiety into the concrete actions of building up our community...

Our theme for this year, “*Transforming Hope into Action*”, is taken from our Mission Statement: “We are a community of hope for religious explorers who wish to *transform our world* into a more just, compassionate and sustainable place. We embrace diversity and provide opportunities for creativity, spiritual growth, and *celebration of life*.” This is a time for celebration! Come and join in the festivities at The Big Event on Saturday, March 14th. Come for the food and drink; stay for the wonderful company. Channel your energy!

With my love and affirmation,

Ann Scarborough, SVUUS Board President

From Our Minister

Dear South Valley community,

Now that we are moving into spring I am really enjoying seeing green shoots coming up out of the ground, sometimes right next to the piles of snow that are still there from the last snowfall. I am looking forward to seeing spring in Utah.

In January and February, many of the services were focused on Unitarian Universalist identity and theology. In March, we will continue exploring these same themes. March is also the same month where the Stewardship Campaign will be working hard on collecting pledges and dreaming into the future. The theme for the stewardship campaign this year is "Transforming Hope into Action." Can you think of places in your life where perhaps you are feeling stagnant, where you need a new way of looking at things? What is in need of transformation in your life? What would you like to see move from hope into action?

South Valley is in the midst of asking itself these questions. It is in the process of transforming hope into action; it is going from dreaming of the future into living into this new reality. One big way to help South Valley with the transformation process is to submit your pledge as soon as possible so that the Finance Committee and Board can create the budget for the next fiscal year. This budget will help South Valley move forward in its dreams for its new settled minister. Won't you help be part of this transformation process? Each of you has a part to play in the future of South Valley. Like the green shoots coming up out of the ground, new exciting things are coming to fruition at South Valley. I can't wait to see what happens at this vital, caring community.

In faith,

Rev. Karen



Opportunities and Announcements

Prayer Shawl Ministry

The prayer shawl group will hold its next meeting on Thursday, March 25, at 3:00 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 lorriquirley@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.

SVUUS Offering Split Recipient for March - April

For March and April we have selected Breathe Utah, a local organization that works to improve the air we breathe through education, collaboration, and policy. They increase awareness for youth and adults, implement projects to improve our air quality and seek real and practical solutions.

CUUPS News

Ostara for the Youth on March 22 - Following the service, South Valley CUUPs (Covenant of Unitarian Universalist Pagans) will hold an event celebrating Ostara or Spring Equinox. We will have an Easter canned food hunt with prizes and other craft activities. We are collecting pet food cans and other items for Salt Lake County Animal Services. They do have an Amazon wish list that you can find at <https://slco.org/animal-services/get-involved/donate-goods/>. All items donated will be taken to the shelter. We are looking for volunteers (to hide canned food and help kids with crafts) and donations for this event. There is a sign-up sheet in the Happenings Hub or send an email to cuups@svuus.org.

Book Group

At the last book group meeting we did not feel like we covered all in the book, "White Fragility" and some had not finished reading the book. We are thus going to continue reviewing that book for March 16th meeting.

We will start on review for the next book, "Braiding Sweetgrass" for April 20, for the first 3 chapters to page 200. and finish the rest of that book on May 18.

Summer worship planning

Amazingly enough summer will be here soon! To prepare for summer worship services, there will be a Worship planning meeting on Sunday, April 5 after the service. If you would like to serve as a Lay Worship Leader or you have a message you would like to share with the South Valley community, please come to this meeting. The meeting will be held in Rev. Karen's office. All are welcome.

SAVE THE DATE FOR THE BIG EVENT!

If you're new to South Valley, you may be wondering, "What is The Big Event"? It sounds so mysterious!

Our community loves to party together, and The Big Event is the party to celebrate the gifts that people contribute. This will be an evening event on Saturday, March 14th. Please mark your calendars! The more, the merrier!

In the next weeks you will be receiving invitations to fill out a 3-T card: Time, Treasure, and Talents. These 3-T cards are vitally important to the building of our operational budget for the coming year: July 1, 2020-June 30, 2021. These cards also are a means for you to communicate with us how you want to be involved and engaged in the community.

This is a time of building excitement because we hope to welcome a Settled Minister August 1st! We have two big annual parties each year, and this is our spring event-please plan to attend. And, yes, you may bring friends!

Ann Scarborough, Board President
On behalf of the SVUUS Board of Trustees

BLUE ZONES-Here at South Valley U-U?

Have you ever heard of Blue Zones? Since 2005 Dan Buettner, a National Geographic Fellow and New York Times bestselling author, has been conducting research on the centenarians of the world in order to learn how their life habits promote **health, vitality and longevity**. He termed these special population areas "Blue Zones". These areas include Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece and Loma Linda, California, where many 7th Day Adventists live.

What do Blue Zones have to do with our South Valley UU Community? Kevin Alvey has a dream of having our SVUUS become certified as a Blue Zone. Once achieved, we could become a model for other UU communities, just as we were when we became a UU Welcoming Congregation. We'd like to explore how our UU principles could be supported by these Blue Zone attributes.

Here are some characteristics of Blue Zones:

- A strong sense of family.
- A diet rich in complex carbohydrates, especially beans, and have a moderate caloric intake.
- Moderate exercise every day as a function of living – they walk to work, garden, climb hills, etc.
- A moderate amount of wine per day with friends and family.
- An active, strong social life.
- Participants nap, report less stress, and sleep well
- A strong sense of purpose in their lives
- A strong faith basis to their lives.

Blue Zones researchers went one step further, selecting a community (Albert Lea, Minnesota) to see if they could modify the behavior of the community by making exercise options easy and accessible, promoting walking groups, encouraging healthy grocery options, and creating ways for people to become more socially engaged. Check out this link to view results that other communities have achieved:

<https://www.bluezones.com/blue-zones-project-results/#principles>.

Bob Speiser is already interested in having his Zen practice become a part of South Valley's concept. Yoga classes, walking groups, nutrition or cooking classes are all possibilities. Please contact Kevin Alvey if this idea intrigues you, if you have some curiosity about the possibilities, or if you have some recommendations: kevbaha@yahoo.com. This group is just in the formation stage; it will be very flexible depending on what people are wanting and needing.

Our first informational meeting will be a potluck meal at Kevin and Peter's home. **Please sign up at the Happenings Hub for Sunday, April 19th, 4:00 PM.**

~The Board of Trustees, in support of small group ministries.

Religious Education, Growth and Learning

"Each of us is meant to have a character all our own, to be what no other can exactly be, and do what no other can exactly do.

-William Ellery Channing

March 1st:

High School (9th-12th graders): Beans & Brew (Off Site)

Junior High (6th-8th graders): Our Neighboring Faiths

Seekers (4th-5th graders): Love Connects Us

Trailblazers (1st-3rd graders): Love Will Guide Us

Butterflies (Pre-K-K): We Are Many, We Are One

March 8th:

High School (9th-12th graders): Modern Faith

Junior High (6th-8th graders): Our Neighboring Faiths

Children's Chapel: Preschool-5th Grade

March 15th: Experimentation and Play as Spiritual Practice

Theme, Intergen

March 22nd:

High School (9th-12th graders): Modern Faith

Junior High (6th-8th graders): Our Neighboring Faiths

Seekers (4th-5th graders): Love Connects Us

Trailblazers (1st-3rd graders): Love Will Guide Us

Butterflies (Pre-K-K): We Are Many, We Are One

March 29th:

High School (9th-12th graders): Modern Faith, Service upstairs

Junior High (6th-8th graders): Our Neighboring Faiths

Seekers (4th-5th graders): Love Connects Us

Trailblazers (1st-3rd graders): Love Will Guide Us

Butterflies (Pre-K-K): We Are Many, We Are One

--

Rebecca Britt

she/her/hers pronouns

Acting Director of Religious Exploration

(801) 214-8340

Please note my typical work hours fall on Sunday, and Tuesday-Thursday

South Valley Unitarian Universalist Society

An Intentionally Diverse Religious Community

6876 South Highland Drive

Salt Lake City, Utah 84121



Save the Date

April 26-May 3	Candidate Week
April 26	Library Book Sale
May 3	Special Congregational Meeting and Vote
May 17	Annual Congregational Meeting
June 14	Annual Picnic

Upcoming Events

March 8	Religious Transition Group
March 14	Big Event
March 15	Leadership Council Meeting
March 15	Bake Sale
March 17	Board Meeting
March 22	Religious Transition Group
March 29	Community Chat

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

Chair: Ines Korbanka (801) 979-3020 or
 ikorbanka@gmail.com

Sandy Dreis	801-256-0825
Mel Welliver	801-963-8258
Peter Verschoor	801-649-7609