

# The Beacon

South Valley Unitarian Universalist Society



Volume 40, Issue 4

April 2020



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For information on the  
Happenings email newsletter,  
the web site or our email lists,  
please contact  
[communications@svuus.org](mailto:communications@svuus.org)



**April 5: Music Ministry Sunday**

**John Bergquist**

**April 12: Rebirth and New Life at South Valley**

**Rev. Karen Madrone**

**April 19: Our Mother Earth**

**CUUPS**

**April 26: Ministerial Candidate**

## LEADERSHIP DIRECTORY

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

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[minister@svuus.org](mailto: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

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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

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SVUUS News & Community Email Lists

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*From the Board of Trustees***The Virus and the Vicissitudes**

I was born after the great depression, but as a child I saw the pictures of long lines of people, dressed in their best business attire, waiting to apply for a job, to get some sort of government assistance or handout to help feed their families. I knew, looking at those pictures, that each person in line had their own story—a story of hardship, of need and of loss of human dignity. I always wondered about those stories.

History, they say, repeats itself. Let's hope not, yet as we look at the numbers that come in on the coronavirus I can't help but wonder what is coming—for South Valley and for the world. I have been tracking these coronavirus numbers, making graphs and, sadly, the curves in the graphs are looking like the predictions of the epidemiologists. I am especially focused on the daily increase in the number of people diagnosed with COVID-19. When, one day, the number of people newly infected is smaller than the day before, then the curve on my graph will go down. For now, it goes relentlessly up. The lines on the graph represent reality, of course, and this reality is, well, harsh. To me it still feels theoretical, unreal, even as my denial is slowly eroding away.

One of the few bright spots is the news that most of us will get a check in the mail for \$1200. For those of us who now have the same income as before the virus hit, it is a windfall. We can shop online and buy something frivolous to cheer us up. At the same time, as Treasurer, I have been tracking South Valley's finances, including money in the Samaritan Fund. That is the minister's discretionary fund designed to help parishioners who have an urgent need—those who may have lost a job, had a medical emergency or some other hardship that put them in a distressed situation—much like those people in the lines during the depression. The Samaritan Fund has always been one of my favorite programs at South Valley, one that stirs my pride. It occurred to me that now is the time the Samaritan fund will be needed like never before. Some in our community have already lost their jobs while others have had their hours, or salaries, cut back drastically. For others, special needs have arisen such as finding childcare because the schools are closed, and paying for it on a budget that may already be tight.

Can you see where I am going with this? Within our community we have a desperate need and at the same time some of us are getting extra money in the form of a government check even though our income, personally, has not gone down.

Because of that I have decided to give at least some of my check to the Samaritan fund. I am hoping that those of my fellow board members who can afford it will do the same. If you would like to join us, just send a check into South Valley, make an online donation at the website, or use Givelify. If you write "Samaritan Fund" in the memo line or note, the money will be dedicated to the Samaritan fund and only go to the general fund if it is not needed by the end of the fiscal year.

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## *From the Board of Trustees Continued*

### The Budget and Predicting the Future

This is the time of the year the Board is scrambling to put together the budget for next year. Our initial budget, drafted by the finance committee, predicted an increase in the pledges and provided raises for our employees. However, the coronavirus changed everything. Ministers at other churches are predicting no more than 80% of last year's pledges. They are freezing wages and halting projects that cost money. Income other than pledges will also be reduced, at least temporarily. There won't be bake sales, library book sales, or the like. There also may be a shortfall in the income for this fiscal year as some of us lose jobs or have other major strains on the family budget making it impossible to fulfill our pledges.

Money is tight, and will be tight well into next fiscal year. The Board will draft a provisional budget based on the worst-case scenario for next fiscal year. We will also draft a best-case-possible budget—our Dr. Pangloss budget—for next year. Which budget we use will depend on the pledges that are made, predictions of other income, and whatever shortfall occurs in this fiscal year. I find it extremely hard to predict what will happen. Some people will be able to, and will be moved to, give more than usual to help South Valley. This will improve the budget picture. Nevertheless, a recession is likely, and some say it may become a severe, although most think the recovery will be relatively speedy. Any recession is likely to have an unhappy impact on South Valley. The reality about our finances is also, well, harsh.

We are all in this together, and thankfully we have each other. Through our online meetings (many kudos to Rev. Karen for those!) we have the comfort of being able to see and hear from each other. We may be at a distance, but we are together.

Stay safe, stay well, and take joy in the community we continue to be.

*Phil Quigley*  
*Treasurer, SVUUS*



## *From Our Minister*

Dear South Valley community,

Wow! March was a very challenging month for most of us and it appears that April will continue to be so as well. The staff and leadership at South Valley are working very hard to continue maintaining and providing both worship services and pastoral care during our time of physical distancing.

Every Sunday we will be using the same zoom link for services which is sent out in the weekly Happenings and is here:

- Go to <https://zoom.us/j/297930738>
- Or, to join by phone (audio only), call 669-900-6833 and enter the Meeting ID 297 930 738

In addition, we have created a group of Caring Stewards who will be making calls to congregants to offer support to everyone in the community. If you need support, you have several options. You can tell your Caring Steward when they call you, you can send me an email at [minister@svuus.org](mailto:minister@svuus.org), you can send Ines Korbanka an email at [ikorbanka@gmail.com](mailto:ikorbanka@gmail.com), or you can use the pastoral care form on the SVUUS website here: <https://www.svuus.org/pastoralcare/>

Each of us will be experiencing this pandemic differently. All of what you are feeling is valid. You may be experiencing everything from joy to sadness to anger to exhilaration. This is a trying time for every single person on the planet right now which doesn't make your feelings any less. You don't have to make yourself feel joyful and make yourself feel strong if that's not true for you. Keep honoring your feelings as much as you can. Pay attention to what you need, take breaks when you need to and get outside whenever you can.

I am holding each of you in my heart, from afar. South Valley is a strong community and we will keep moving forward and staying connected. The chalice extinguishing words are more poignant than ever: We extinguish this chalice but not the warmth of community, the light of truth, or the energy of action. We hold each other in our hearts until we meet again.

In community,

Rev. Karen



## *Opportunities and Announcements*

### *Prayer Shawl Ministry*

The prayer shawl group will hold its next meeting on Thursday, April 23, at 3:00 p.m. through a Zoom link which I will post. 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).

### *Sacred Seniors*

You are invited to join me (Cindy Martin) for a time to: Check in, Pray, Meditate, Uplift and Heal. Beginning Friday, April 3<sup>rd</sup> at 1:00 pm via Zoom URL <https://zoom.us/j/530807620>. We will meet every other week.

### *SVVUS 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.

### *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. All are welcome.

### *Book Group*

Meeting for Book group to review the end of "White Fragility" is postponed. After the review of that book we will begin "Braiding Sweetgrass" the first 200 pages.

### *CUUPS News*

CUUPS still collecting pet food cans through May 3<sup>rd</sup>

Although the kids event was canceled due to our situation, CUUPS is still collecting food cans and other items (toys, peanut butter, tuna, blankets and towels, and kitten bottle supplies) for the SL County Animal Shelter through May 3<sup>rd</sup>. Please collect these items at **Home** and watch the Happenings on 5/3 regarding collection. We will probably arrange a 'drop off' date at the church parking lot with CUUPS people in attendance. Thank you in advance for your help to the shelter during these uncertain times.

### *Facebook Live Therapeutic Music Sessions Offered*

Mary Norton, a therapeutic music currently volunteering at St. Mark's Hospital, has offered to do once a week therapeutic sessions on our FACEBOOK page, LIVE with a recording option so congregants can listen any time through April. Watch Happenings or the Facebook Page and our community email list to see days and times, which are still being scheduled. She is also available to do individual sessions through ZOOM, please contact her directly at 801-739-4581 to set up.

## *Nominees for the Board of Trustees*

### **Sophia Hawes-Tingey**

Sophia came to South Valley in November 2010, having left the congregation at First Unitarian Church of Louisville, and a job at Fort Knox, for a job at Overstock in Cottonwood Heights. South Valley was third UU church for Sophia in as many years, having first attended Westside Unitarian in Fort Worth in 2008. In Louisville, Sophia served on the membership committee as the greeting coordinator. Shortly after arriving at South Valley, she was recruited to chair the welcoming committee and co-chair the membership committee, which she did for the next two and a half years.

The granddaughter of two baptist ministers, Sophia was taught by her mother the importance of ministering to the minister and also has a strong sense to being called to service, wherever that may lead. For that last several years, that call has taken her into community advocacy, serving five years on the Midvale Community Council, and assuming leadership roles in various organizations, including the Utah Stonewall Democrats, the Transgender Inclusion Project, the Women's State Legislative Council of Utah, the Utah Democratic Party, and more recently the ACLU of Utah. Sophia recognized the call to service when approached by the Leadership Committee and looks forward to bringing her experience to the Board of Trustees.

### **Jurergen Korbanka**

South Valley has been my spiritual home for about 20 years. Initially, my wife Ines attended in search for a community for our then young children. She "converted" me by telling me that I could bring and drink coffee during the service. This proposition intrigued me to attend my first service. . . . After officially joining, I served for several years on the personnel and then finance committee. As other commitments took over my life, I have been a rather passive member of SVUUS, attending some social events, but very few services. After Ines and I became "empty nesters" we have been thinking about getting more involved again. The invitation to join the board at this time provided additional impetus. Additionally, having given up my secondary, part time, employment has freed up some time. I hope to bring a different perspective to the board and look forward to serving in that capacity.

### **Scott Renshaw**

Scott Renshaw has been attending SVUUS with his family since 1999 and has been a member for nearly 20 years. During that time, he has served a previous three-year term on the Board of Trustees, including two years as President. Among his other roles, either individually or with his wife Laura, are co-chairing Membership, Stewardship, Worship and Auction Committee.

### **Sarah Nicholson**

Resides in West Valley City. She is a high school math teacher of 22 years and a single mother of five children ranging in age from 9 to 23. She first attended SVUUS in early 2012 on a weeknight to participate in an integral spirituality class taught by Teresa Whiting. She attended Sunday services a few times with her children, while questioning her LDS faith tradition.

In October of 2018 her heart lead her back to South Valley, away from her service as an organist in her local LDS congregation. She immediately joined the choir and became an active participant in the SVUUS community. Sarah chose to become a member of UU in January of 2020. Despite her busy schedule, the feeling that she should serve on the board could not be ignored. Once again following her heart, she volunteered to serve as treasurer, as suggested by Ann. She's excited and nervous to face this new adventure!

## *Stewardship Drive Update*

Making a financial pledge to SVUUS is a radical act of optimism; it represents your belief that our faith community should go on! We have staff that depends on their salaries to support themselves and their families. We have community members and friends who have many more needs than ever before, given the unique challenges of confronting the COVID19 crisis. We are committed to responding as effectively as we can.

We so appreciate that so many people have completed a 3-T card, detailing how they are willing to share their Time, Treasure and/or Talents! Even if you cannot contribute anything financially at this time, we want you to complete a 3-T card. You may state that you're pledging \$100, \$10, or \$0. The next important component of the 3-T card is to share what talents you have, how you're willing to share those, and if you have interest in serving on our various teams and committees. This is a time for "ALL HANDS ON DECK". Those of us who are strong, or who have extra time are all needed to respond to our members' needs.

In this extraordinary and challenging time of facing the COVID19 pandemic, we all are living with uncertainty. Some are facing job losses, wage reductions, or losses in their investment income. No one is exempt. And we all vary in our tolerance for risk. Some people will be reluctant to make a promise they may not be able to keep. Others will step out in faith that things will work out, and will increase their pledge. There is no right or wrong about this; these are just normal variations in preference. We get this, and want to assure you that you may adjust your pledge (up or down), as circumstances change.

Our Finance Committee needs to use the realistic numbers as they plan our budgets. In this extraordinary year we are preparing two budgets: one will be our usual preparation for the next year, July 1, 2020-June 30, 2021; the second will be a provisional budget (worst case scenario). Here is where our Stewardship Drive currently stands: We are hoping to raise \$200,000 to cover our upcoming budget and to have 95 pledging units. As of March 25, we have raised \$156,050 with 74 pledging units. We currently have 134 members, and many SVUUS friends. (If we can get 21 new pledges, averaging an amount of \$2093, we would reach our goal.) Any amount you pledge will help. If you haven't completed a 3-T card, PLEASE DO. Click here or paste the following URL into your browser for that access:

[https://docs.google.com/forms/d/e/1FAIpQLSeNTdvOzQ3tT0XKRWnd220HMPrh2w2f4WTPOPgpc97FAD\\_mSw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeNTdvOzQ3tT0XKRWnd220HMPrh2w2f4WTPOPgpc97FAD_mSw/viewform)

With united hearts,

Ann Scarborough

SVUUS Board of Trustees President



## *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 7<sup>th</sup> 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: [kevbaja@yahoo.com](mailto:kevbaja@yahoo.com). This group is just in the formation stage; it will be very flexible depending on what people are wanting and needing.

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



## *Religious Education, Growth and Learning*

Beloved South Valley Community,

I've never been busier at SVUUS! Along with the RE Council, volunteers and staff, I have been working diligently to offer quality and engaging Religious Exploration experiences online. This Beacon Column is especially for community members who are less familiar with what usually goes on in Religious Exploration, and what is going on now.

On a typical Sunday, the children and youth go downstairs to class following the Time For All Ages. We have 5 classes each week, Butterflies for preschoolers-kindergarten, Trailblazers for 1-3, Seekers for 4-5, Junior High, and High School. That's 10 adult volunteers at least! There is no bad time to recognize the amazing work our volunteers do, they're awesome! These classes follow planned curricula, except the High School class which follows a youth-initiated plan.

We have a new plan during physical distancing. During our first weeks (3/22, 3/29) we are offering two classes later in the day on Sunday: The Embers (preschool through 3rd grade) and the Flames (4th through high school). The RE Council is meeting regularly and changes may be made based on feedback, but this may be the model we follow for the duration.

Why not at the same time as worship or the same class setup? Well, we have families with up to 5 kids in up to 4 classes. Imagine all the screens and internet use that would require! Instead, families get to worship together. The Embers class meets at 12:30, and the Flames meet at 7:00 PM that evening. These classes are learning as they go, without preset curricula.

The same volunteers are working with the students in their class, as part of a new team. This creates continuity and continues important relationships with teachers, which is especially important during big changes like these.

An exciting development has been an increase in programming for adults, from volunteer-led events, Young Adult Art Night, to all-ages events. Let's notice what we want to continue after physical distancing, and keep the momentum building!

Though we're apart, the SVUUS community still has your back! Let's keep worshipping and exploring together.

Rebecca Britt

[dre@svuus.org](mailto:dre@svuus.org)

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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 21 Board Meeting  
April 26 Religious Transition Group  
April 26-May 3 Candidate Week

**Upcoming Events**

May	3	Special Congregational Meeting and Vote
May	17	Annual Congregational Meeting
June	14	Annual Picnic

**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