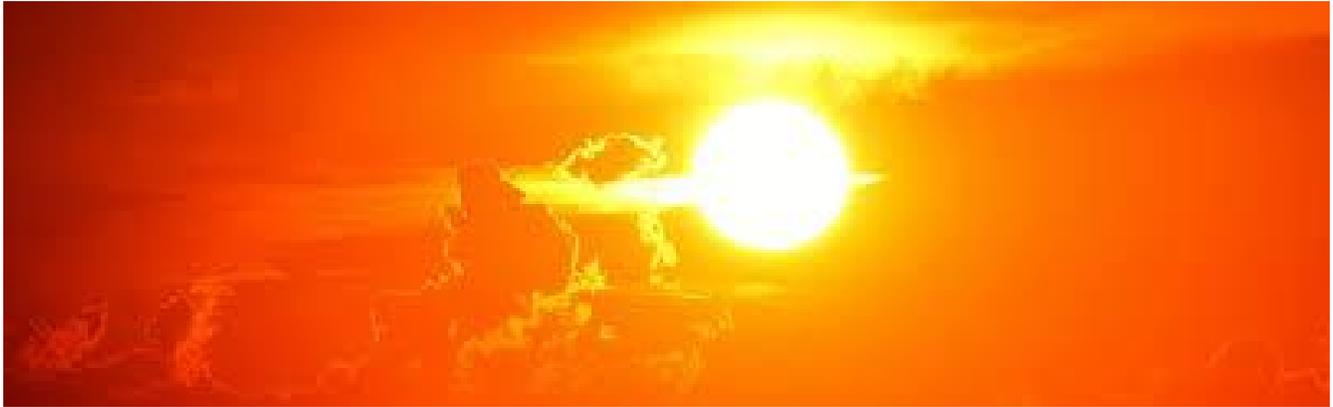


The Beacon

South Valley Unitarian Universalist



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In This Issue:

August Services	1
Leadership Directory	2
Opportunities and Announcements	2
Covid-19 Task Force	3-5
Religious Exploration	6
Save the Date	6
Caring Circle	6

SVUUS EDITORS:

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

August 2: Lammas: Of Sun and Earth, Of God and Goddess

It is now high summer and the union of Sun and Earth, of God and Goddess, has produced the First Harvest. Lammas is the celebration of this first, Grain Harvest, a time for gathering in and giving thanks for abundance.

Kim and David Lane

August 9: A Perfect Day

What are the scripts society has ascribed to us and how can we challenge that narrative, both internally and with those around us? How do we begin to see beyond the scripts we've assigned to our story's antagonists and discover the complex individual underneath?

Shannon Thoman-Black and Rebecca Britt, DRE

August 16: Finding Vision

It is written that without a vision, people perish. But what exactly is vision and how do we find vision, build vision and achieve our vision for a better, more just and equitable society in the midst of uncertainty? Join Rev. Lora Young as she explores the building blocks of vision making required for the long game of our call to love and justice as faithful UU's.

Rev. Lora Young

August 23: A Matter of Kindness

We are called as faithful UU's to be powerful voices for love and justice- and that means that, at times, others may not like what we have to say, and we may find ourselves in conflict. And while no one enjoys conflict, learning to manage it well and stay kind helps us to avoid the trap of niceness. Join Rev. Lora Young as she explores the building blocks for healthy and productive community grounded in a theology of kindness.

August 30: A Gilded Birdcage

What does it mean to be privileged? What about implicit bias? We hear these terms frequently these days and for many of us who have been long committed to justice work it can seem a bit disheartening to learn that despite our best efforts we are still caught up in an unfair system. This system has been referred to as a gilded birdcage. But gilded or not, a cage is still a cage. Join Rev. Lora Young as she explores where the keys to freedom lie and how we might unlock those doors so all may be free.

LEADERSHIP DIRECTORY

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

MINISTER
Rev. Lora Young
minister@svuus.org
385-215-9722

SVUUS BOARD OF TRUSTEES

Sophia Hawes-Tingey, President 801-440-0584
Zach Stickney, Vice President 801-888-2596
Scott Renshaw, Mentor 801-619-0814
Sarah Nicholson, Treasurer 801-898-0547
Bubble Emerson, Secretary 630-386-0313
Denna Wright, Trustee 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, Director of Religious Exploration
801-214-8340 Email: dre@svuus.org

CARING CIRCLE

Ines Korbanka 801-979-3020
Email: ikorbanka@yahoo.com

[SVUUS Web Site](http://www.svuus.org)
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.

To send a message to the list, simply address it to: community@svuus.org

Opportunities and Announcements

Prayer Shawl Ministry

The prayer shawl group will hold its next meeting on Thursday, July 23, at 3:00 p.m. 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.

Sacred Seniors

I hope every is having a great summer. I can't wait to get back and have a sharing time. Our first meeting will be Friday, September 4th at 1:00 pm via Zoom. I'll send the access information the week before.

SVUUS Offering Split Recipient for July-August

At South Valley it is our practice to share our worship service offerings with a charitable organization that shares our principles and values. For our July and August offering split recipient, we have selected Black Lives Matter Utah, a local group that has been working diligently to stop police brutality for the past six years. They are fighting for police accountability and transparency and are pushing for community-controlled civilian police review boards and police reforms such as officer de-escalation, diversity, and implicit bias training. They use means such as calling campaigns, canvassing, peaceful protests, boycotts, petitions, lawsuits, and legislation. They provide support to family members of police brutality victims. They also create inclusive spaces for every marginalized group and are helping young people by holding a summer camp for black and brown children and constructing a mobile Black History Museum to take to schools. For more information visit their website: www.blacklivesmatterutah.com

New Editor for HAPPENINGS

Beginning in August, South Valley member Collin Surles will take over editorship of the weekly email newsletter, HAPPENINGS. Collin has signed up for a 12-week stint, and we are grateful to have him! Watch for Collin's Call for Items emails. And you can always submit items using the Submit an Announcement form on the web site. If you'd like to try your hand at this fun and creative task, let me know. We'll be looking for Collin's successor to take over in mid-October! You can reach me at tina.kirkham@hotmail.com.

Be a Part of the South Valley Team!

Want to contribute more to the South Valley community? Here is your chance to be part of leadership team! We will have a vacancy in the Welcoming Committee Chair position in August. We need someone to take over. This is a valuable role with low stress! As Welcoming Chair, you help coordinate volunteers to greet visitors and do whatever you feel is best to help make our congregation a warm and welcoming place. You do NOT have to be a current member of the Welcoming Committee, and you will be thorough in the fall. If interested, please contact Natalie at cole.natalie7@gmail.com or at 801-698-2

Social Chat

Hello all!

I have created a Thursday evening chat group so people in our community can talk about their lives. Whether you'd like to stop by to see a friendly face, check in with your friends or get a discussion on a justice book you've been reading, you are welcome here!

My intention is for us to have another opportunity to gather safely (via Zoom) in addition to our regular gatherings. Our next gathering will be this week, Thursday at 6 pm. I hope to see you then!

News from our South Valley Covid-19 Task Force

Quarantine Buddies:

By The SVUUS COVID-19 Task force

Your SVUUS COVID-19 Task Force is hard at work, thinking about all the ways we can stay engaged in our beloved community while keeping each other safe during these unprecedented pandemic times. We'd like to take a moment to introduce ourselves, invite you to send questions to covidtf@svuus.org, and, in light of what is likely to be very extended periods of physical distancing, provide our thoughts on "Quarantine Buddies," or extended physical distancing circles.

The task force includes two teachers, an engineer, a mental health-substance abuse counselor, and two medical doctors, one of whom is an epidemiologist. Even though the church building is closed for now, we are laying plans for the future. We hope to soon add a COVID-19 response page to the South Valley website where we will post links to web sites for world, national and state information as well as for Salt Lake County which has information by neighborhood and by zip code. While the data for our location, state, and country currently indicate that SARS-CoV-2 is spreading rapidly, we will continue to look for signs of hope – for instance, since Salt Lake County initiated a mask mandate, SARS-CoV-2 transmission rates have slowed compared to the surrounding counties. In addition to advising our Board on the safety of events, ways to reopen our building, and ways to continue socializing effectively and safely, we will also post articles to help you better cope with the pandemic while staying safe.

Our first publication, below, is about how 2 or three families can form a "pod"—a group to extend socialization beyond the immediate family— and do so safely. It was written by our task Force epidemiologist, Michelle Debbink, MD, PhD.

SVUUS COVID-19 Task Force "Pod" recommendations and considerations

The general recommendations of scientific and infectious disease experts during the coronavirus pandemic include limiting social contact with individuals who do not live within a single household. Excursions outside the home should be limited to necessary trips, and large gatherings should be avoided. When interacting outside the home with others, especially indoors, is unavoidable, masks should be worn and a physical distance of at least 6 feet maintained between all persons.

However, given the emotional and psychological impact of physical distancing recommendations during the COVID-19 Pandemic, some families and friend groups have begun to explore the possibilities of extended friendship circles. For individuals and families living together in one home, this involves the extension of freer social interactions to another family or friend group living in another home. Some have called these extended circles "pods" or "quarantine buddies."

Recognizing that some families at SVUUS may wish to form an extended family/friendship circle, we offer the following recommendations and points for consideration:

1. The development of an extended circle would ideally involve only one (or two) other households, and the total number of individuals in an extended circle should be kept reasonably low (~10). This is for testing and contact tracing purposes should anyone in the circle be potentially exposed.
2. Folks in an extended circle should engage in open communication about their personal and family risk thresholds and their risk mitigation strategies. For example, are both families/household groups committed to minimizing other social interactions and masking? Are both groups committed to not eating in restaurants (even if it may be legal to do so)? Or are both families ok with dine-in with if it is legal to do so? Are individuals in the groups essential workers? How does this relate to risk and mitigation for the combined/extended circle? What is the strategy if someone in the group is exposed to someone who tests positive? To someone who shows symptoms of COVID-19? Has a prolonged exposure (>10 min) to someone outside the group who doesn't show symptoms?
3. Operate under the assumption that anything one individual in the circle does translates to the entire circle. Essentially, the decision to form a pod or extended circle widens the household to include another household. All must take responsibility for the ways in which they may create exposures for everyone in

the extended circle. This includes thinking about those in extended circles who may be at high risk if they become exposed.

4. An extended circle/pod should decide in advance what activities they feel comfortable doing together within the extended circle. For example, will sharing meals be included?
5. If anyone in the extended circle tests positive or becomes symptomatic, all individuals in the extended circle (or pod) should consider themselves exposed and quarantine and/or test appropriately as indicated. For example, if one person develops fever and cough, and undergoes COVID testing, all the folks in the extended circle should act as though they are also waiting on test results and stay home in quarantine until results are back.

Though a written agreement is not necessary, we recommend that pods/extended circles transparently and thoroughly assess their collective response to various activities and exposures, and come to an agreement or covenant as a group. This covenant should include transparency about potential violations of the previously agreed upon parameters of the extended circle, knowing that, especially with children and/or essential workers, there may be inadvertent or unpredictable exposures. Everyone in the group should be open about any times when this occurs.

If you decide to navigate the idea of extending your family or friendship circle to another household, it can be difficult to determine what constitutes high- and low-risk exposure. In general, we recommend that you consider three main variables: time (how long are you exposed), air flow/air exchange (how often might virus-infected air be exchanged over time) and viral load (how many people with the virus and how much virus are they putting out over time). Examples of high risk exposure might be a two-hour indoor choir practice with a person who is asymptotically shedding virus – singing more forcefully expels the virus (higher viral load), you are indoors with low air-flow/air exchange, and the practice is pretty long (2 hours). A low risk exposure might be meeting friends at a park (high air-flow/air-exchange) for a shorter period, with everyone wearing masks and staying 6 ft apart. We recommend each group considering extending their family or friendship circle consider the level of risk of various activities and decide as a group whether anyone should take part in these activities.

In the near future, we will also post a worksheet of sorts on our SVUUS website that households and families can use to carefully craft their decisions to form an extended circle.

Please let us know if you have any questions, comments, or concerns – we are looking forward to hearing from you!

In health and community –

Your COVID-19 Task Force

Please see the guidelines below before attending any meeting on the church grounds. Thank you!

SVUUS COVID-19 Guidelines for Outdoor Meetings at the Church

The SVUUS COVID-19 Task Force wishes to provide guidelines for those meeting on the church grounds. As you know we are in the midst of a pandemic, contending with a virus that is extraordinarily contagious. A recent study has shown that by merely talking an infected person produces a virus-laden aerosol mist, which, indoors, can linger in the air for a long time. In an air-conditioned room it can infect a person as far away as 10 feet. (<https://www.nytimes.com/2020/07/29/health/coronavirus-future-america.html?action=click&module=Top%20Stories&pgtype=Homepage>)

Gatherings outdoors are safer, but by no means risk free. If there is to be a gathering at South Valley we recommend the following steps be taken:

1. **Schedule** the meeting with Cindy. This will ensure that there are not two meetings in the same place at the same time or other activities that could overlap.

2. The group should be limited to no more than **10 people**.
3. **Masks** must be worn.
4. Care should be taken there is at least 6 feet **distance** between those who attend. While this distance should always be maintained it is particularly important if people are gathered for a long time (greater than 10 minutes).
5. If you feel at all **sick**, please skip the gathering to be sure you don't infect others.
6. Those who are in a **high risk** group (adults over 50 and those with medical conditions <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>) would be best advised not to attend in-person gatherings until the pandemic danger is greatly reduced.
7. There should be no sharing of **food** or drinks. Each person should bring their own.
8. **Wash** your hands with soap and water for at least 20 seconds when you get home.

Thank you for your cooperation. We all hope this difficult time will pass soon so we can resume our normal social activities.

The SVUUS COVID-019 Task Force
Contact Phil Quigley, Chairman philquigley@msn.com



Religious Education, Growth and Learning

Hello South Valley Community!

The RE Council met over the weekend to get to work on what RE will look like this fall. Without a doubt, it will look unlike any year before, with virtual and take-home programming, but still plenty of opportunities to connect. We are committing to prioritizing connection and are considering what structure will work well to give kids consistency but a lot of flexibility to come as they are. Please keep an eye out for a survey gathering YOUR feedback to shape RE this fall.

Have some family summer fun with SVUUS activity packets delivered to YOUR door! Fill out this form to get one: <http://tiny.cc/svsummerpack>



World Travelers (Preschool to 5th Grade) Tuesdays August 7, 14, 21, 28

Storytime Wednesdays August 8, 15, 22, 29

Games and Gems (3rd-8th Grade) Thursday August 9 and 22

High School (tentatively) Thursday August 9th 7:15-8:15 PM *GA Discussion*

Thursday August 30th 7:15-8:15 PM (*Too late for coffee*) *coffee hour*

Have a nice end to your summer!

Rebecca Britt, DRE
rebecca.britt@svuus.org
 (801) 214-8340

[Save the Date](#)

[Upcoming Events](#)

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