

The Beacon

South Valley Unitarian Universalist Society

Volume 40, Issue 9

September 2020



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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

September 6: The 3 Foci: Connection, Renewal and Spiritual Snacks

Join the SVUUS Board in a lay-led service exploring our mission and vision for 2020-21 and the importance of bringing a sense of joy, connection and hope to the table in the midst of these times.

South Valley Board Members

September 13: Water Communion/In-Gathering

One quality of water that is truly remarkable is its adaptability- it flows, rushes, wears away, renews, refreshes and rises. What kind of water are you called to be in the midst and how will you both give and receive to our collective well this coming year? Join us for a special service exploring what and how we are called to be together. Water Communion may look a little different this year but there will be a special treat- an altar in the SVUUS sanctuary and Rev. Lora will be preaching from pulpit (as long as the technology cooperates!)

Rev. Lora Young

September 20: A Warm-Hearted Humanism

Humanism calls us to be mindful of that which is in the here and now and to celebrate what is possible when we collaborate, partner and dream outside of traditional theistic approaches to the world. Join Rev. Lora in exploring new trends in humanism that call us to place nature at the center and how being human-kind is perhaps the most reliable path to salvation.

Rev. Lora Young

September 27: Beginning Again in Love

This Sunday marks the Jewish High Holiday Yom Kippur or Day of Atonement. Join Rev. Lora in exploring how we may all benefit from listening to the wisdom and call to making amends and asking for forgiveness.

Rev. Lora Young

October 4th

UU the Vote, a collaborative of the UUA focused on ensuring access to voting in the upcoming election will be offering a special service to all UU congregations. UUA President, Susan Frederick Gray will be offering the homily. We will be joining this live stream with congregations across the country- stay tuned for details on how to connect. We will be gathering after the service back in our own zoom room to reflect and socialise as per our usual practice.

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 801-367-7964

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

Peter Verschoor 801-649-7609
 Email: verschpete@gmail.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.

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

From the Board of Trustees

Joyful September to all of South Valley Unitarian Universalist Society!

As a member of the Board of Trustees, it *has* been a joy to watch SVUUS not only survive but thrive these past few months. We have continued to hold our regular meetings and find a bit of normalcy and safety here in South Valley, even if we can't find it anywhere else. Within our sacred space on Zoom, we find the spiritual joy of a religious community. This month, we even welcomed a new minister! Rev. Lora arrived and got to meet many of our members through the "drive-by" welcome in August and even has already represented our congregation in the Cottonwood Heights protest for Black Lives. Our congregation's great recent success is a testament to the strength of our connection to one another and to our UU values.

One of these regular meetings we held, providing such needed normalcy, was our annual Board Retreat. Although normally, our retreat is held outside of our normal environments, this retreat was held in the place the most familiar to us...our own homes. We discussed the strengths of our own board members and our congregation as well as discussed goals. We grew closer as a board and strengthened our trust. But most importantly, we determined three elements of focus to make sure everyone in South Valley is strengthened in the way we need. As a board and as a congregation, we hope to:

Build and maintain connections and relationships

Pay attention to and consider any feelings of fatigue among our members, staff, and leadership

Provide "Spiritual Snacks" to fill our spiritual wells

I am delighted to announce that this coming Sunday service, September 6th, will be led by the Board of Trustees. These three foci are our goal and focus for the service. Our Board of Trustees will be providing the readings, homilies, and even music. We are so excited to share our goals with you and strengthen our community!

We isolated these three foci as things that were important to us as well as things we need, particularly in this time of Pandemic, with our building closed for regular services. It is more important than ever to hold one another in relationship; all of us need all of us. This pandemic is *exhausting*; socially, physically, mentally, and financially, and we need to make sure we keep ourselves energized. And finally, we need to make sure every member feels the spiritual goodness that Unitarian Universalism can provide, bolstering us when our life feels dark. I am passionate about these three foci and so proud of our board's attention to them!

I also want to celebrate all our SVUUS volunteers who step up and strengthen our beloved community. This month, special attention goes to Peter Verschoor, who has taken over for Ines Korbanka as chair of the Caring Committee. Please join us on Sunday for this special service and may we all share a commitment to our relationships, our energy, and our spirituality.

In Community,

Alaina Hendricks
 (Secretary, Board of Trustees)

From Our Minister

Dear South Valley,

In August, the Board met for its annual retreat. Yes, it was via Zoom and there were only our own-brought treats, but nonetheless, retreat we did in order to step back, plan and dream for the year ahead. At the conclusion of our time I posed to them the following question- *what do we need to be, embody and offer to ourselves, one another and the greater community in the midst of this complex and heartbreaking time?* After a lively discussion, we came upon three goals for our work this year: *Connection, Renewal and Spiritual Snacks.*

The first two seem fairly obvious, the last rather intriguing. (What is indeed a spiritual snack?) This coming Sunday, the Board will be delving into all three dreams more deeply in our worship service. But for now- lets start with these definitions as a starting place:

Connection: that which binds us together and reminds us to reach out in our times of need.

Renewal: how do we individually and collectively co-create spaces for renewal in the midst of uncertainty?

Spiritual Snacks: small bite sized moments that invite us to slow down, get grounded and feel our aliveness grow. Think poetry readings, hymn sings, short videos we post to our FB group, morning meditations and centering prayer circles- everyone is invited and all are welcome to join us in a season of spiritual investment for the long haul.

This Sunday the 6th, the board will be reflecting on how their leadership this year intends to bring these values to the front of all they do and how you can be involved in the co-creation. This is a not to be missed worship service!

South Valley is a vibrant, connected and joyful place to be and we need to remind ourselves of this even as things around us seem uncertain.

Worship themes are coming to South Valley again! This year we will begin using SoulMatters, a UU program for congregations that provides program and worship support around monthly themes. The theme for September is **Renewal** and we are busy planning for how the theme will show up across all worship and programming at South Valley. So, as you go forth into this first part of Fall, I invite you to consider what is in need of renewal in your life and how you might contribute to the renewal of those around you.

Lastly, I wish to leave you with the poem I shared with the Board at the retreat. Consider it an tiny contribution to the communal spiritual snack offering we are launching this fall.

Praise What Comes

surprising as unplanned kisses, all you haven't deserved
of days and solitude, your body's immoderate good health
that lets you work in many kinds of weather.

Praise

talk with just about anyone. And quiet intervals, books
that are your food and your hunger; nightfall and walks
before sleep.

Praising these for practice, perhaps

you will come at last to praise grief and the wrongs
you never intended.

At the end there may be no answers

and only a few very simple questions: did I love,
finish my task in the world? Learn at least one
of the many names of God?

At the intersections,

the boundaries where one life began and another
ended, the jumping off places between fear and
possibility, at the ragged edges of pain,
did I catch the smallest glimpse of the holy?

Jeanne Lohmann from "The Light of Invisible Bodies" 2003, Daniel and Daniel Publishing

With love, Rev. Lora

Opportunities and Announcements

Prayer Shawl Ministry

The prayer shawl group will hold its next meeting on Thursday, September 24, 3:00 pm. 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 Friday, September 4, 2020



You are invited to a time to Check in, Pray, Meditate, Uplift and Heal. This group will meet every other week.

Go to <https://zoom.us/j/97836607188> On your phone or tablet, open the Zoom app and enter Meeting ID 978 3660 7188 To call in (audio only), dial 669-900-6833 and enter Meeting ID 978 3660 7188

- Enter the password 84121
-Cindy Martin admin@svuus.org

I hope everyone has been having a great summer. I can't wait to get back and have a sharing time.

SVUUS Offering Split Recipient for September - October

It is our practice at South Valley Unitarian Universalist Society to split our worship service offerings with a charitable organization that shares our principles and values, and for September and October we will split our offerings with the Utah Food Bank. With children at home and many adults out of work, Utah Food Bank has seen the need for assistance increase substantially since the start of the pandemic. In response the Utah Food Bank has expanded their mobile food pantry program and has more than doubled the number of households served. Although after-school meal programs were canceled in the spring, the Utah Food Bank partnered with government entities and has been distributing bagged meals to thousands children. Further, Utah Food Bank has increased the amount of food they are distributing to their network of 182 partner agencies across the state. They have delivered almost 20 million pounds of food between March and July of this year, a 20% increase compared to the same five months in 2019. You may learn more about this fabulous organization at www.utahfoodbank.org

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.

Congregational Meeting via Zoom

September 20 at 12:30 pm. We will be presenting the budget for approval and bylaw amendments concerning responsibilities for the Chief of Staff.

News from our South Valley Covid-19 Task Force

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



YouTube Channel Manager Wanted

South Valley is in need of someone to take over its YouTube channel as administrator. This important role ensures that our worship service is available for viewing by those who are unable to join us on Zoom in real time. It also serves as a terrific outreach tool to the wider community in Utah and beyond. Our channel has over 100 subscribers and continues to grow. If you're reasonably web-savvy and looking for a time-delimited, self-contained way of supporting the community, this role may be for you! Typically, the job requires only a few minutes a week--at your convenience. No prior experience with YouTube is required. Training and ongoing support provided. Please contact Tina at tina.kirkham@hotmail.com.

Religious Education, Growth and Learning

Hello South Valley!

It is hard to believe that most of our children and educators are back to school already. With this warm weather, not to mention the very strange global circumstances, it really doesn't feel like it's time for school again. We had our Blessing of the Backpacks service on August 23rd where we celebrated students, educators and school staff, and also recognized the difficulty of going back to school when it isn't always safe, and things aren't the same.

Fall RE will be starting on October 4th this year. The high school team is hard at work, and we are looking for volunteers to work with younger ages! Congregants who aren't parents are especially encouraged to try out being part of our all virtual classes, as I recognize that parents have a lot on the plate. Let's help lighten the load!

Help shape what RE looks like this Fall! Fill out the interest survey: <http://tiny.cc/fallfeedback2020>

Check out what we've got going on this September on Zoom!

Tuesdays: World Travelers

Preschool to 2nd grade: explore the world through stories and games
7:15-7:45

Games and Gems

3rd-8th: Come together where every class is a game night!
September 3rd, September 16th, keep an eye out for further announcements!
7:15-8:15

High School

Your advisors are hard at work, and will share information soon about what's going on before the class officially kicks off on October 4th!!

Wednesdays Storytime

All ages up to high school welcome for a bedtime story, as a listener or a reader!
7:15-7:45

As always don't hesitate to reach out!

Rebecca Britt
Director of Religious Exploration
dre@svuus.org

Save the Date

Upcoming Events

September 20 Congregational Meeting



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: Peter Verscoor: verschpete@gmail.com
801-649-7609

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