



The Beacon

South Valley Unitarian Universalist Society

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October 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



October 4: UU The Vote: Online service with the UUA

October 11: Spiritual Hospitality

Henry Nouwen Wrote "Listening is a form of spiritual hospitality by which you invite strangers to become friends, to get to know their inner selves more fully, and even to dare to be silent with you." Join Rev. Lora in considering how our faith can deepen and our actions for justice be ever more powerful as we grow more skillful in our ability to listen.

Rev. Lora Young

October 18: Speaking of Listening

Listening can be hard when we don't like what we hear. But listening deeply is key to developing our prophetic voice- and make no mistake, the world needs to hear from prophetic voices now as much as it ever did- and that includes us in Unitarian Universalism. Speaking Boldly requires listening deeply.

Rev. Lora Young

October 25: About Prayer

As UU's, our commitment to religious freedom can at times make us feel awkward about how to engage with more traditional forms of spirituality such as prayer. The question that often arises in a non-creedal faith such as ours is this: to whom might we pray and why? Join Rev. Lora in exploring contemporary, humanist and yes, even atheist answers about the role and practice of prayer in our faith life.

Rev. Lora Young

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 Wednesday 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

Hello to our members and friends of the Beloved Community from your Board of Trustees.

October is the perfect autumn month with blessedly cooler temperatures, leaves falling and being raked, hikes through the golden aspens in our canyons.

Here at South Valley--October's theme is "Deep Listening" This is a process of listening, requiring the temporary suspension of judgment and a willingness to receive new information of all kinds.

This seems to be very relevant now, due to the many changes that we have all experienced in our lives; we might need to learn to listen differently or in a new way because of these challenges and changes.

Deep listening can first be intrapersonal, where you learn to listen with intention to yourself and your interior experiences. Many people do this with mindfulness meditation.

At the interpersonal level, one person is focused on listening to one or more others—trying to hear what they are actually saying, rather than listening to the voice in our own heads, which is busy thinking what we will say when it our turn to speak !

Rev. Lora will be speaking more on this subject during October.

Other events and happenings to note are:

Spiritual Snacks with Rev. Lora on Wednesdays at 12:30 and Friday mornings at 7:30---Tune in to receive a bit of spiritual nourishment to renew and refresh your day.

Mary Norton will engage your senses with meditative Harp music on Tuesdays at 7:30 pm.

A new and different AUCTION will be happening online early in November.

We are still providing some meals at the Youth Resource Center; contact Susan Eyzaguirre if you'd like to help with these meals for homeless teens –this is a good way to keep connected and support the outreach of the church .

We also encourage you to join us on Sunday mornings at 10:30 for our regular ZOOM service—the practice of gathering reminds us of our lasting connections. It helps us feel the ways that we are held by our beloved community. As our UUA president, Susan Frederick-Gray says, “we are connected by unseen but real threads of care and intention for one another and for humanity. We are connected through our traditions of love and justice, and we are connected in our shared faith as Unitarian Universalists.

In love and community,
 Denna Wright

From Our Minister

Dear South Valley,

This month we launch a new approach to Religious Exploration with creative projects for families both at SVUUS and at home. A centerpiece of this will be the creation of a COVID time capsule to help future UU's understand what life was like during the pandemic. Everyone is invited to bring an item, a poem, a letter, photo or piece of art to contribute. All items will be curated and displayed at SVUUS and there will be special "museum hours" for you to visit the exhibit this Fall and Winter. I can't wait to see this in our sanctuary!

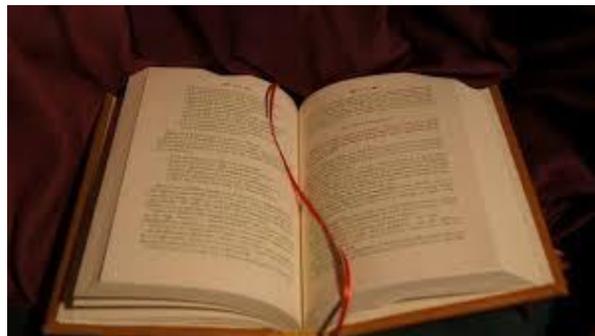
We also look forward to November 1st and our celebration of ancestors and the Pagan holiday Samhain. We hope that you will be encouraged to create an altar at home for your loved and share a picture with us during our Sunday worship that day. Keep a look out for how-to videos for altars at home. Both the home altar and time capsules activities are natural venues for storytelling- which is a key piece to our monthly theme for October: Deep Listening. We will approach the question of what it means to listen to self, other and the whole world from the perspectives such as one of personal practice, as an act of hospitality and how listening is the beginning of justice work.

Parker Palmer wrote in his book, *A Hidden Wholeness* that "We all have an inner teacher whose guidance is more reliable than anything we can get from a doctrine, ideology, collective belief system, institution, or leader." Some folks may understand Parker's reference to the inner teacher as the voice of God/Sacred/Divine and others understand it as the still small voice within that teaches us about our own hearts. However you enter into this, we can all notice that when we take the time to listen, deeply and fully to ourselves, our lives begin to transform. For the act of listening to self means to drop below our stories and interpretations and instead pause and discern what may be changing as we grow and mature over the course of our lifetimes. Brene Brown calls this an act of radical courage in her book *Rising Strong*. She offers that we can become so accustomed to the stories we tell about what happened to us, that we can forget that they are stories and not the actual truth. This knowing is not meant to diminish the act of interpretation and the ways our stories inform our meaning making, but rather to remind us to be mindful of how stories have a life of their own and to challenge our inner narratives when we find they are no longer helpful or have become harmful to our continued growth and learning as human beings. And, to remind us that no story is ever really finished.

So, what's your story and how is it changing as you walk this season of change? I look forward to diving deep with you this month and don't forget to check out the music playlist from our friends at SoulMatters, our monthly subscription service for theme based ministry and the art of spiritual discernment. Check it out at:

<https://www.youtube.com/playlist?list=PLvXOKgQQVYP6D6LnHTjKRBiqVGmWd-Ww>

Looking forward to the journey,
With love,
Rev. Lora



Opportunities and Announcements

Prayer Shawl Ministry

The prayer shawl group will hold its next meeting on Thursday, October 22, 2020 at 2:00 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, October 2, 16, 30, 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

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

"Halloween/Samhain and CUUPS"

In this time of physical distancing, it isn't possible for CUUPS to hold their annual Halloween Festival for youngsters of South Valley. However, the members of CUUPS are still planning events to celebrate and honor this most sacred of their Festivals.

Samhain/Halloween is a sacred time spanning centuries, and it is celebrated in various ways by various cultures all over the world. The American tradition of Trick or Treat is an outgrowth from the tradition of Irish and other Celtic cultures dressing as departed ancestors and receiving food from their descendants that were then stored and used during the cold winter months. The lights of Jack O'Lanterns were originally candles placed in turnips that were put in windows to light the path for the spirits on October 31st night so that they could celebrate this sacred night together.

In remembrance of that tradition, and many others, CUUPS is encouraging members of the congregation, young and old, to create 'Ancestor Altars' this October and then to take a picture of it and send to Rev. Lora for inclusion in the November 1st worship service.

An ancestor altar can be whatever you wish it to be. The basic elements would be candles, pictures or mementoes of those departed you wished to honor (ancestors, friends, personal heroes, pets) and an empty plate upon which to leave offerings of food or drink the night of the 31st. Any other decorations are your choice. Children and teens are especially encouraged to contribute to the altar with things like hand drawings dedicated to the person or persons, flowers and handmade 'gifts'.

CUUPS will be working with Rebecca and our Social Justice Team to plan children's and family activities to help celebrate Samhain, culminating in our 11/1 Worship Service. Check out the Happenings during October for dates and details as the date gets closer.

Opportunities and Announcements Continued



In a time where taking on one more zoom call might feel like too much, let us support one another in creative and joyful ways—think a short meditation, a musical offering, a favorite poem or reading—these can be offered live in a short zoom session or pre-recorded and sent out via our FB group or the @community on the SVUUS listserv. Please contact Rev. Lora with your ideas and to be added to the calendar of offerings!

Centering Prayer w/Rev. Lora: Wednesdays @ 12:30pm and Fridays @ 7:30am

Each session will open with a chalice lighting, short check-in/support requests and then a 10 minute practice. Short and sweet, but enough to get you reconnected and recharged for your day. No experience needed, no belief required, just an open heart and desire to connect with one another. Want to know more about Centering Prayer? Check out this youtube video: <https://youtu.be/3IKpFHfNdnE>

Wednesday Centering Prayer with Rev. Lora

Join Zoom Meeting <https://zoom.us/j/91820702979>

Meeting ID: 918 2070 2979 Passcode: 84121

Friday Centering Prayer with Rev. Lora

Join Zoom Meeting <https://zoom.us/j/92046929414>

Meeting ID: 920 4692 9414 Passcode: 84121

Meditative Harp Music w/Mary Norton: Tuesdays @ 7:30pm

Therapeutic Music has been shown to reduce stress and anxiety, something we all need during this time. For more info, contact Mary Norton at mariclairen4@gmail.com

<https://zoom.us/j/98912794876>

Meeting ID: 989 1279 4876

Passcode: 156360

Religious Education, Growth and Learning

Fall RE

This Fall, Religious Exploration is taking a step away from weeknight virtual classes to begin a new adventure of multi-age project based learning. Each month will have it's own project theme, with multiple options of engagement, and even some leadership roles for our older children and junior high youth!

Registration: Registration will roll over, with children moved up in age group 1 year, so you will receive information for age group. To opt out for being registered this year, or provide updated information on your child or family, go [to this form](#)

To opt out of being registered and no longer receive information about RE events, activities, or programs, email dre@svuus.org

To register for the first time, or register a new family member, [register here](#).

Happy exploring!
Rebecca Britt
Director of Religious Exploration
dre@svuus.org

PROJECTS

This October, our project theme is "community creations." When we come together to create, or share what we created at home, we are part of something great! This October there are 3 projects children and youth of all ages can take part in around this theme.

Project 1: Time Capsule

A Time Capsule is a contained collection of items that will be put away, and then viewed in the future by people to help them understand what life was like when it was created. You are invited to contribute an item from your life in October 2020, that will go in the capsule and be revisited by future South Valley UU-ers!

Some ideas of what to include (All items should be around the size of a hand, or smaller)

-
- Art creations
-
- Lego creations
-
- Family photo-
- Photos from doing worship or other activities at home
-
- A clean, favorite mask

Project 2: Your Creations at SVUUS

Come by SVUUS on the afternoon of October 18th (time tba) to pick up Mystery Creation Bags. Using any of the supplies in the bag, or at home, create something you are proud of. (However, if you can't make it, the mystery bag is optional for your creation!)

Return your creation (with the artist's name clearly labeled) at Community Creation Day on the 25th, or in the afternoon at SVUUS on Wednesday October 28th. Creations will be displayed in around SVUUS, photos to follow!

Project 3: Community Creation Day

On October 25th (time to be announced) come to South Valley to take part in community and individual creation projects outside on South Valley's campus. Drop by during these hours to participate as a family and create some special things that will be shared virtually afterward. Families who would like to drive by only will receive creation supplies to make something of their own!

Age Grouped Offerings

High School: The high school youth group will meet several times a month on Sundays at 4 PM following the "Virtue Ethics" Tapestry of Faith ([link](#)) curriculum. Lead advisor Sheri Lund has been reaching out and will provide a calendar and more information.

Junior High: Junior high youth are encouraged to take on leadership roles for our projects (Keep an eye out for information about these opportunities), and take part in virtual special events, including the popular game night.

Elementary School: Elementary school children are invited to participate in monthly projects, attend story time and virtual special events!
What about volunteers? Volunteers are needed for special events, and project prep and management. We want your help! No, we *need* it! If you want to help but you're not sure how, or have a project in mind, reach out to Rebecca Britt at dre@svuus.org Keep an eye out for special events with CUUPs at the end of the month!

October RE Calendar

(Additions and times will be announced with notice! High school class has their own calendar)

October 6th: Final World Travelers Class, up to 2nd grade, Zoom at 7:15

October 7th: Story time, Zoom at 7:15

October 14th: Story time, Zoom at 7:15

October 17th: Games and Gems, 3-8th grade game night, Zoom at 7:15

October 21st: Story time, Zoom at 7:15

October 18th: Mystery Bag supply pickup at SVUUS

October 25th: Community Creation Day, at SVUUS

Drop off Mystery Bag Creations

October 28th: Drop of Mystery Bag Creations at SVUUS

Story time Zoom at 7:15

October 31st: (tentatively) Zoom show and tell of costumes and spooky creations!

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

Sandy Dreis
Mel Welliver

801-256-0825
801-963-8258