



Volume 40, Issue 11

November 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



November 1: Celebrating Our Beloved Dead – A Samhain Service
Rev. Lora Young and CUUPS Members

November 8: And the Work Goes On... Rev. Lora Young

November 15: Transgender Day of Remembrance
Rev. Lora Young

November 22: Bread Communion Rev. Lora Young

November 29: Healing Stories SVUUS Congregants

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.

It's November, which means one of the most important things we can point out is the election is **Tuesday, November 3rd**. Hopefully, you've already had the chance to vote, as our elections are conducted primarily by mail in Utah. In case you haven't, you should bring your ballot to a ballot box, or **remember that Utah has same-day voter registration and voting** – you will just need to visit a physical polling location if you vote in this way. Participation in civic life is one of the most powerful ways we can express our values and make them real in the world, so I hope that everyone eligible to vote does so, and that those who cannot find other ways to make their voices heard.

The theme for November is "Healing" which, I think, is something that all of us could use as 2020 draws to a close. I simply don't have words to describe the pain, the loneliness, and mental hardship this year has put on each of us; but I can say with confidence that the resilience this community has shown gives me faith that we can and will pull through, together, and that we will become stronger for it. I hope you can use this month as a reminder of that, and to make space for your own healing and wellness as we round out the last few months of a trying year.

Beyond our regular Sunday morning Zoom services, we have a number of important events coming up this month including:

Our Annual Auction, which will be online this year, is taking place on Saturday, November 14th. Donations will be accepted through November 8th, so please be sure to donate before that time, and save the date in order to participate! This will be a different auction to be sure, but we **always** find a way to make these events fun and exciting!

Our November Leadership Council Meeting will also be taking place on Sunday, November 8th at 12:00 - right after service. If you have agenda items for that meeting, please email me at zjstickney@gmail.com and I'll be sure to include your items.

I hope to see you at each of these events and during our Sunday services!

In Faith and Solidarity,

Zachary J. Stickney

Vice President, Board of Trustees



From Our Minister

As I write this article for the Beacon, it is still a few days prior to the election and for many, if not most of us, that means that we feel acutely aware of the political tensions in our community and nation. This has been a year in which the word “unprecedented” has been so often invoked that it almost seems trite. What we are experiencing is collective trauma and exhaustion. It is important to take this seriously- as individuals, as families and as a community. These are not typical times and our typical means of coping are less available than before. But that does not mean that we are without options.

Earlier this week, I met with UU colleagues in our district to reflect on the wisdom and resilience that may be gained at this time. A metaphor that was offered up for our consideration was this: fear and creativity are con-joined emotional states- fear always accompanies creativity/transformation/change. For fear is what alerts us to the very fact that we are trying to change or transform something in the first place. Our fear is a necessary part of the process. But, we should be careful not to let our fear(s) limit or drive the process of change. I was challenged by this metaphor to reflect about how little time I have been able to set aside for creativity, play, joy and wonder of late. And I was encouraged to notice allowing myself a moment of play, a moment of wonder literally did wonders for my ability to respond to the daily turmoil with a calmer, more focused mind and open heart. It was a small moment, but one that I find myself returning to as I write this note to you.

In her book, *Ten Steps to a Compassionate Life*, Karen Armstrong draws upon research from the fields of neuroscience, psychology and economics as she reflects on the wisdom of religious and philosophical traditions that call us to cultivate our compassionate selves in service of the world. She argues persuasively that developing the skills of communication, empathy and compassion are what allow us to fully experience and even, flourish in human community. This winter, we will be offering adult religious education and small group ministries. If you have an idea for a short series, or workshop, please let me know. We are collecting ideas and will be launching in January 2021. Also please watch for a survey asking for your feedback and input on the types of offerings and classes we might offer.

On a final note, the annual auction is just a few weeks away. I've taken a peek at the offerings- and they look amazing, creative and fun! Don't skip this event- bring your best vacay ideas and virtual backgrounds and get ready for a night of fun surprises, great music and community done right. See you on November 14th!

Rev. Lora Young
 preferred pronouns (she/her/hers)
 Minister
 South Valley Unitarian Universalist Society
 801-944-9723 (main)
 385-215-9722 (cell)
 set a time to meet with me here: www.calendly.com/revlora
 Office hours Wednesday 1-3pm
Please note that my day off is Monday and my writing day is Thursday and I do not check my email on those days.

"There are a thousand ways to kneel and kiss the ground" -Rumi



Opportunities and Announcements

Prayer Shawl Ministry

The prayer shawl group will hold its next meeting on Thursday, November 19, 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, November 13, 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 here at South Valley to share our worship service offering with an organization that shares our values and principles. For November and December we have selected YWCA Utah as our offering split recipient. This organization is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all. Their comprehensive family violence services offer adults and children safety, support, and meaningful opportunities to build violence-free lives. They also provide leadership and community education programs, such as the compelling 21-Day Racial Equity and Social Justice Challenge (materials are still available on their website) that many of us participated in this past July. This community education program provides guidance for individuals and groups to dedicate time and space to explore and learn about racial equity in meaningful ways and build more effective social justice habits. Please give generously as we support this fabulous organization that is working tirelessly for social justice in our wider community! You may learn more about this fabulous organization at www.ywcautah.org

Your South Valley Social Action Council

"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.

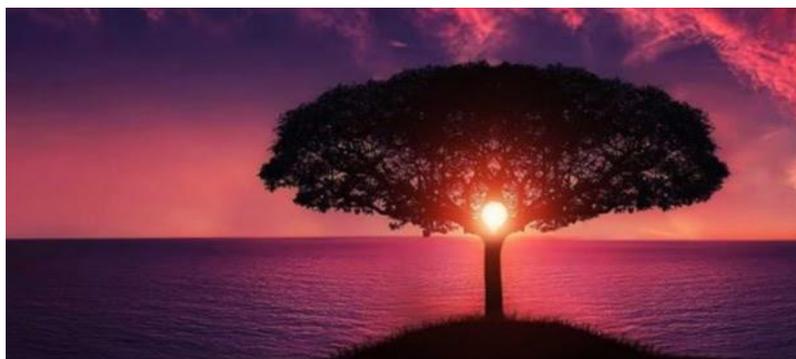
Samhain/Halloween is a sacred time spanning centuries, and it is celebrated in various ways by various cultures all over the world. The American tradition of Trick or Treat is an outgrowth from the tradition of Irish and other Celtic cultures dressing as departed ancestors and receiving food from their 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

Book Group

After our summer break, we are starting up again on November 9th on Zoom at 7:00. PM The book for review is "Solar" by Ian McEwan. Available for about \$5. Amazon and in county libraries.

All are welcome attend, even if you haven't read the book.

The next gathering will be January with "The Giver of Stars". in honor of Connee Gates , deceased librarian at SVUUS.

RSVP to Janis Ries so that the link for Zoom will be sent to you.

Opportunities and Announcements Continued

Subject: auction time is coming!



Hello all SVUUS folks

You'll be hearing from me in the next few weeks to remind you to donate early and often and also to get you excited about bidding on the auction.

(Saturday, November 14th)

go to the link to donate: <https://auction.svuus.org/>

if clicking the link doesn't work, type the address in your browser.

Here's some ideas of things to donate:

online craft party

baskets of great reading

basket of wine or beer or margarita fixings

dinner kit basket

Art materials

Saturday morning brunch in the summer

everything chocolate

winter basket

Jackbox.tv virtual game night

summer dinner party outdoors

think of fun items to go in our raffle- tickets, gift cards, etc.

it's time to get **creative**, think of fun things to do with/for your community!

I hope your calendars are marked for November 14th. I look forward to seeing LOTS more donations come in this week (nudge nudge)!

Here's all the news for item drop off (make note):

1) during Cindy's office hours- Wednesdays 11-4:00 (except 10/21 which is 11-1:00)

November 7 11-3:00

November 8 1-4:00

November 14, day of auction, 11-3:00

you can take peeks at the items while there

2) Item pickup is available this year. Contact Jodie at wright166@gmail.com or 801-918-4572. Leave a message & she'll get back to you to work out her pickup.

3) We ask that a limit of 10 people, including the auction team workers, are in the building at any time. You may be asked to stand outside for a bit to wait your turn inside.

Auction item team,
Marilyn Smith
Jodie Wright

Religious Education, Growth and Learning

Families, keep an eye out for information about our project based learning for November via email. Not getting Religious Exploration emails? Email me at dre@svuus.org to get connected

Rebecca Britt
Director of Religious Exploration
dre@svuus (801) 214-8340

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Rebecca Britt
she/her pronouns
Director of Religious Exploration
(801) 214-8340 (receives texts)
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

Upcoming Events

Nov. 14 Annual Auction

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 Verschoor: verschpete@gmail.com
801-649-7609

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