

Subject: Silent Announcements for 20170219

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Weekly Silent Announcements for Feb. 19

Your weekly Silent Announcements lets you see at a glance upcoming events at the Unitarian Universalist Congregation of the Quad Cities.

(Note: This is only a partial list of upcoming events at UUCQC.
A full calendar can be found at uucqc.org.)

This weekend

Saturday, Feb. 18
6 p.m.

Guatemalan Dinner



Fundraiser for UUCQC Home-Building Service Trip

\$25/adult; \$40/couple; \$10/child (12 & under)

Join us for a delicious Guatemalan dinner to raise funds for the UUCQC Home-Building Trip. Menu: Chips and guacamole, Mayan chicken, Guatemalan beans and rice, chocolate pudding topped with banana, coffee, tea, Guatemalan punch, and water.

Check out the *Dispatch/Argus* article about the event [here!](#)

Sunday, Feb. 19

Forum

10 a.m.

Iowa Abortion Access Fund

Laura McGraw, IAAF Board President, and Heather Dee, IAAF Past Board President

The Iowa Abortion Access Fund has been working for over 40 years to assure that all Iowa women, regardless of economic status, are able to exercise their right to reproductive choice. Two members of the current IAAF board will speak about the important work of this organization and lead a discussion about ways to become involved in their mission.

Services

10 a.m. & 11:15 a.m.

Mindfulness, Meditation and Buddhism

Religious Services Team

Michael Wilcox from the Religious Services Team will discuss how mindfulness, meditation and Buddhism are interrelated and explain some of the benefits of having a meditation practice.

Week of Feb. 19

Tuesday Night Conversations





Next session:
Feb. 21 @ 6:45 p.m.
Lounge

What Moves Us:
Sophia Lyon Fahs

Our conversation will revolve around the ideas of Unitarian theologian Sophia Lyon Fahs. She believed that human emotions and experience are foundational building blocks for an enlightened, scientifically informed liberal faith. Come join us as we converse on how our emotions affect the way we view the world, and ourselves in it.

Soul Matters (1st Tuesday)

Videos That Inform Us (2nd Tuesday)

What Moves Us (3rd Tuesday)

Through this UU Tapestry of Faith curriculum, we'll explore the life of a historic or contemporary Unitarian theologian and their experiences that deepened their "way of being" as a Unitarian. Through their reflections, we will not only deepen our own personal faith journey but understanding our Unitarian theological heritage as well.

Buddhism and Mindfulness (4th Tuesday)

We will include readings from the Buddhist tradition with questions to help us explore how Buddhism and Mindfulness can inform how we live in the world.

Potpourri (5th Tuesday - May only)

We will have an open discussion on any spiritual topic of the group's choosing.

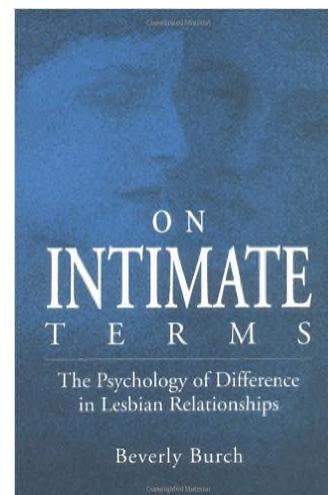
Saturday, Feb. 25

6:30 - 8:30 p.m.

Lounge

Lesbian Book Club

UUCQC's Lesbian Book Club will discuss the book, "On Intimate Terms: The Psychology of Difference in Lesbian Relationships" by Beverly Burch. Join us!



Week of Feb. 26



Sunday, Feb. 26

Forum

10 a.m.

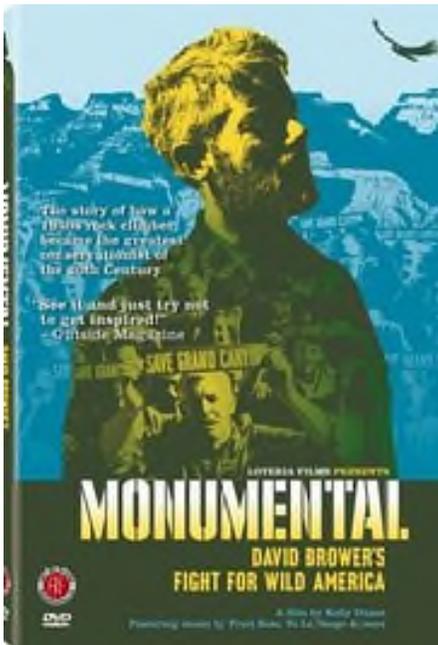
Services

10 a.m. & 11:15 a.m.

Covenant

Rev. Jay Wolin

Unitarian Universalism is a covenantal religion. Many religions are covenantal. Some have covenants between humans and God. Some have covenants requiring agreement with a statement of belief or a creed. Since Unitarian Universalism does not require a statement of belief or creed, we come together based on the covenants we make with each other. I will explore what those are.



Monday, Feb. 27

6:30 p.m.

(Doors open at 6 p.m.)

Sanctuary

Free showing

of "Monumental: David Brower's Fight for Wild America"

The Green Sanctuary Team and the Sierra Club bring you a special showing of David Brower's 2004 film "Monumental."

From the moment David Brower first witnessed the extraordinary beauty of the Yosemite Valley, his life was tied to the fight to preserve the American wilds for future

generations.

Using primarily Brower's own footage, "Monumental" tells the story of a true American legend, an artist, a publisher, a filmmaker and a zealous crusader for the cause of environmentalism. Brower was the first executive director of the Sierra Club, and later founded both Friends of the Earth and Earth Island Institute.

Saturday, March 4
9 a.m. - 4:30 p.m.

**Socially Engaged Mindfulness:
A Day of Mindfulness
with Jack Lawlor**

What do contemplative practices like sitting meditation and walking meditation offer a world in need of action? What can lay people who include meditation, prayer and spiritual community in their daily lives contribute to the growing manifestations of anger, fear and demonization around us?



On March 4, Dharma Teacher Jack Lawlor will lead a Day of Mindfulness at UUCQC, in partnership with Prairie River Sangha. Lawlor will explore these themes in a program which includes instruction in meditation in the tradition of Ven. Thich Nhat Hanh, sitting and walking meditation in silence, a silent lunch, and mindful discussion of the role of spirituality in these challenging times.

Pre-registration is required at meditationqc.org by March 1. Seating is limited, so register early. Cost for the program is \$25. Scholarships are available on a first-come, first-served basis. For questions or scholarships, call 563-359-0816.

Complete your pledge online

Online pledging now available

UUCQC has served the Quad City area and beyond for nearly 150 years. We need your support to continue:

- Facilitating the responsible search for truth and meaning
- Standing up for social justice
- Creating a safe space for free thinkers
- Providing a means to explore a variety of religious traditions
- Embracing one another's individual spiritual paths

To save paper and postage costs, we're moving pledging online. Go to <http://www.uucqc.org/pledge> to enter your pledge for 2017-18. Pledge cards will also be available for pick up at the congregation. Thanks for your support!

Schedule your meeting

Schedule all meetings through the office

Just a friendly reminder to please schedule all meetings through UUCQC's office. We've had some situations where folks are dropping by without having scheduled a meeting space or during times when staff may not have been present to open the door.

Every team leader should have a building key and the current alarm code, know how to set the alarm, and needs to verify that the office has their name on the PerMar Security list of who can access our building. Please contact Amanda to verify.

Please schedule *all* meetings and events through Amanda at 563-359-0816 or office@uucqc.org. Thanks for your cooperation!

Security update

New parking lot lighting installed

This week, MidAmerican Energy installed new flood lights in UUCQC's parking lot. (We were waiting in December and January on a light order to get more materials in.) Better lighting was the primary recommendation from Per Mar to improve our security, so we're glad to have those in place.

A few other facts:

- We've had no further incidents of vandalism in the parking lot since Nov. 30.
- We've discontinued mobile stops at the beginning of February.
- We've received quotes for cameras and additional security measures and will review and pursue the options that work best.
- I'm completing a webinar series from Church Mutual on security concerns and will use those to help create a safety plan.

- Congregational Administrator Jane Peterson

Kitchen Housekeeping



Pick up your container!

Howdy from the Welcome Team! A number of kitchen items, possibly from recent potlucks, have been left in our kitchen. Unfortunately, we do not have storage space for these extra items. All of the items are on a round table in



the Social Hall. Please take a moment on Sunday to peruse the table to check for your missing items. Thank you all!

Office Hours

UUCQC Office Hours:

Monday-Thursday*, 9 a.m. - noon (or by appointment)

Amanda (office@uucqc.org), Jane (administrator@uucqc.org).

(*Please note that the office is closed on Fridays.)

Rev. Jay's Office Hours:

Tuesday 2 - 5 p.m.

Wednesday 9 a.m. - 1 p.m.

Thursday 2 - 5 p.m.

(Mondays are Jay's day off. Friday are Jay's study days.)

Rev. Jay is also available by appointment. Call 563-359-0816 or email minister@uucqc.org.

Silent Announcement submission deadline:

Every Wednesday at 10 a.m.

Email administrator@uucqc.org

*New monthly newsletter deadline:

The 20th of every month (Next deadline: Feb. 20)

Email administrator@uucqc.org

Unitarian Universalist Congregation of the Quad Cities
UUCQC.org | [563-359-0816](tel:563-359-0816) | communications@uucqc.org

STAY CONNECTED:



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