

**Subject:** UU News 20 September, 2018 Mindfulness, Autumnal Style!

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## UU News 20 September 2018

Your weekly UU News 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](http://uucqc.org).)

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## This Sunday



**September 23**  
**Service 10 a.m.**  
**Buddhist Voices in Unitarian  
Universalism**  
*Reverend Jay Wolin*

In our annual theme of exploring our religious plurality, today I will look at the many ways in which Buddhism has influenced my own religious journey, this Congregation and Unitarian Universalism.

## Next Sunday

**September 30**  
**Service 10 a.m.**  
**Season of  
Rejoicing**  
*Reverend Jay Wolin*

Today we celebrate the Jewish Harvest Festival Sukkot. Let us all come together and rejoice and give thanks for the bounty of nourishment we receive from the earth and from being in community together.



**Potluck to Follow**

# Forum



**Sundays in September @ 9 a.m.**  
**Community Room**  
**Childcare Available!**

September's forums will have a running theme, though you need not fret if you miss a Sunday: these talks work as stand-alones as well!

## ***"PARENTS as RESIDENT THEOLOGIANS"***

by Roberta and Christopher Nelson

**Sept. 23rd**

"Tough Questions"

As UUs, we aren't always provided with easy answers for our children. "What happens when I die", "who is God?", "is there a hell?" This session offers us a space to share our own experiences with other UU parents in order to explore together.

**Sept. 30th**

"Reflections of Parent Theologians"

We reflect on what we have discovered and explored throughout September.

## Milestone Moments - NEW!

**A New Feature in Service!**  
**MILESTONE MOMENTS**

What are Milestone Moments?  
Breakthrough moments? Landmark moments? Momentous moments?

Reading the following, might **Milestone** come to mind?

Married for 50 years? 60 years? Getting Married? Adopting a child?

Retiring? At last, receiving that transplant?

Your book is being published?

Finally granted 501c3 status? Hanging your first art show?

Moving away to your retirement home or to be closer to the grandchildren?

Completing an under graduate, graduate, post-graduate, certification program while parenting, working a job, and caring for others?

Getting that plum role in an opera after 9 years of schooling and hundreds of thousands of hours of practice?

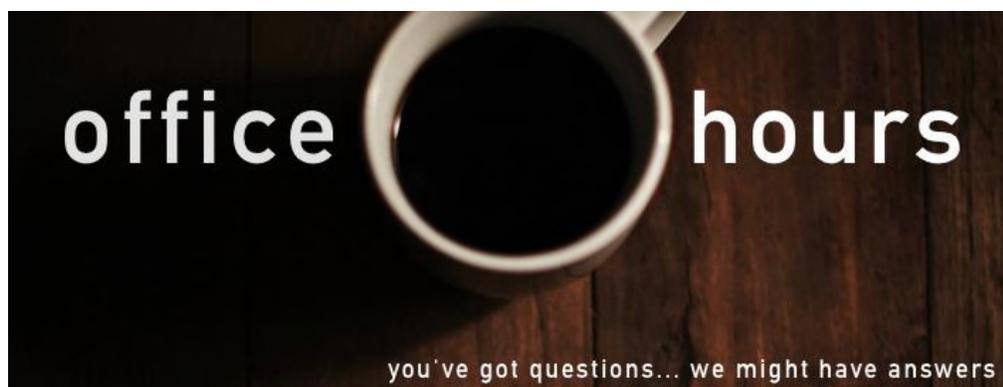
These have been actual occasions in congregant's lives yet often we may be unaware of them. Sharing, as well as hearing the news of these personal achievements, can bring joy for both. These significant, personal events go beyond **Joys and Sorrows**. What is the difference?

A **Joy** is getting a job. A **MILESTONE** is working for years with that specific goal in mind and finally achieving it. Having a new grandchild is a **Joy** as is moving for a new job, or buying a new house. Yes, there can be mitigating circumstances that make it more than a **Joy**. With **Milestones**, you have, literally or metaphorically, grunted, sweated, had patience, or at least persevered. You did it! You feel the excitement, the joy. Tell us so we can share in your happiness.

**Joys and Sorrows** will remain. We encourage you to write them in the book so they can be announced by a member of the Pastoral Associates Team.

If you have a **Milestone Moment**, please contact Rev. Jay Wolin, Andrea Hawkins-Kamper, Lucia Auman, or Fred Weymouth with your request by no later than Tuesday evening before the Sunday Service you wish to share. The deadline must be honored. This allows us to get the information to Amanda by 10:00 A.M. on Wednesday for printing in the Order of Service. After you share your Milestone Moment at the beginning of service, we will invite you to light the chalice to highlight this accomplishment as you bring our community together for the morning. With experience and as we work together, more defined guidelines for **MILESTONE MOMENTS** will emerge.

# Office Hours



## Amanda's Office Hours

Amanda's office hours are from 9-12 Monday-Friday. Amanda is also available by appointment some afternoons. PLEASE schedule afternoon time in lieu of 'dropping by.'

Please limit your business contact with Amanda to her [office@uucqc.org](mailto:office@uucqc.org) email, through the UUCQC Facebook page, OR call the office (leave a message and I promise you will get a call back just as soon as possible). Her personal Facebook page & her personal phone are not business communication tools she is utilizing at this time. Maintaining a work/life balance is vital to her :)

## Email Amanda

OFFICIAL UU EMAILS:

Minister Jay Wolin: [minister@uucqc.org](mailto:minister@uucqc.org)

Congregational Administrator Amanda Conger: [office@uucqc.org](mailto:office@uucqc.org)

Music Director Saul Nache: [music@uucqc.org](mailto:music@uucqc.org)

Director of Religious Education Aubrey Ryan: [re@uucqc.org](mailto:re@uucqc.org)

Youth Coordinator Theresa O'Keefe: [youth@uucqc.org](mailto:youth@uucqc.org)

Ministerial Intern Andrea Hawkins-Kamper: [intern@uucqc.org](mailto:intern@uucqc.org)

Factotum Jeff Danielson can be contacted through Amanda Conger

Adult RE Chair Ashley Myers: [are@uucqc.org](mailto:are@uucqc.org)

Archives Chair Katie Reinhardt: [Archives@uucqc.org](mailto:Archives@uucqc.org)

Welcome Team Chair Gale Springer: [Welcome@uucqc.org](mailto:Welcome@uucqc.org)

Caring Team Chair Alice Martin: [care@uucqc.org](mailto:care@uucqc.org)

Internet Team Chair Cliff Day: [it@uucqc.org](mailto:it@uucqc.org)

# Autumnal Equinox



**Mabon  
Celebration  
22 September @  
5:30**

Harvest your apples and join UUCQC's Earth Based Traditions Team in celebration of the Second Harvest! The Circle is cast at 5:45 in the Great Room and followed by a potluck in the Social Hall.

Childcare will be available.

\*\*\* Mabon is upon us! As a part of the ritual, because Mabon is a time for giving thanks and gratitude, I have decided to incorporate a giving basket into the ritual. The point of the basket is to put together items that those who would not normally be able to afford them and give it away. Since the church is already collecting donations for the Mt. Pleasant families, I think we should collect items for them. So, if you can please bring any donations from the list below to the Mabon celebration. I will have a basket ready with a note from us to the families. This is optional, so do not feel obligated if you cannot afford a donation. I will see everyone on Mabon, and remember the potluck after the ritual!

cooking oils  
bottled water  
drinks  
shampoo and conditioner  
laundry soap  
dish soap  
paper towels  
toilet paper  
Enfamil NeuroPro Infant (0-12 months)

About Mabon:

This festival is named after the the God of Welsh mythology, Mabon. He is the Child of Light and the son of the Earth Mother Goddess, Modron. In truth, there is little evidence that Mabon was celebrated in Celtic countries and the term Mabon was applied as recently as the 1970's. All part of our reconstructed Paganism...

Here is another point of perfect balance on the journey through the Wheel of the Year, its

counterpart being Ostara or the Spring Equinox. Night and day are again of equal length and in perfect equilibrium - dark and light, masculine and feminine, inner and outer, in balance. But we are again on the cusp of transition and from now the year now begins to wane and from this moment darkness begins to defeat the light. The cycle of the natural world is moving towards completion, the Sun's power is waning and from now on the nights grow longer and the days are shorter and cooler. The sap of trees returns back to their roots deep in the earth, changing the green of summer to the fire of autumn, to the flaming reds, oranges and golds. We are returning to the dark from whence we came.

But before we do that, we're gonna party (again)! This is the Second Harvest, the Fruit Harvest and the Great Feast of Thanksgiving. The Goddess is radiant as Harvest Queen and the God finally dies with His gift of pure love with the cutting of the last grain. He will return. As the grain harvest is safely gathered in from Lammas and reaches completion, we enjoy the abundance of fruit and vegetables at this time. It is time to thank the waning Sun for the wealth of harvest bestowed upon us. It sometimes seems that each Festival requires the making of celebration and the giving of thanks, but this really is so, each turn of the Wheel brings both inner and outer gifts and insights.

So Mabon is a celebration and also a time of rest after the labour of harvest. In terms of life path it is the moment of reaping what you have sown, time to look at the hopes and aspirations of Imbolc and Ostara and reflect on how they have manifested. It is time to complete projects, to clear out and let go that which is no longer wanted or needed as we prepare for descent, so that the winter can offer a time for reflection and peace. And it is time to plant seeds of new ideas and hopes which will lie dormant but nourished in the dark, until the return of Spring.

from [Goddessandgreenman.co/uk](http://Goddessandgreenman.co/uk)

## Autumnal Day of Mindfulness



**Awaken the Heart: Cultivating Innate Goodness**  
**Saturday, Sept. 29 from 9-4**

With Kaira Jewel Lingo, Dharma Teacher and 14 year monastic,  
ordained by Thich Nhat Hahn

Sponsored by the Unitarian Universalist Congregation of the Quad Cities, Prairie River  
Sangha, & the Davenport School of Yoga

~Please Register/Pay in Advance to Ensure  
Your Space

**Early Bird Registrants will receive a discount!**

**Register on or before September 22: \$30  
After September 22: \$40 (Pay at door  
ONLY)**

~Childcare is available: \$15 per child, please  
pack a lunch and snack for your child(ren) **YOU MUST PRE-REGISTER TO RECEIVE  
CHILDCARE**

~A free-will offering (dana) for Kaira will  
be collected at the event. This is not  
included in admission.

~Lunch/Dessert (included) will be  
Vegetarian with Gluten Free & Vegan options

~A limited number of scholarships are  
available. Contact Amanda in the UUCQC office to apply.

**[REGISTER HERE](#)**

## Pastoral Care Associates



**Informational  
Meeting for future  
Pastoral Care  
Associates**



**Tuesday,  
September 25  
7:15-8:15 p.m.**

**The Pastoral Care Associates team is now entering its fifth year of being a caring and supportive presence to the members and friends**

**of this congregation who are going through difficult life transitions. We believe it is now time to expand our numbers to ensure that we may continue to carry on with our Mission Statement: "Assisting the Minister in extending care to the congregation, through one-to-one caring and helping activities by trained lay members of the congregation to those who are in special need."**

**For this reason, we are offering an informational meeting open to members or friends of UU who may feel called to assist us in this ministry. It will be Tuesday, September 25<sup>th</sup> at 7:15. At the informational meeting you will learn of the role of a Pastoral Associate, several of the Pastoral Care Associates will be present to talk about their experiences, as well as Rev. Jay and myself to answer any questions you might have. Your presence at the informational meeting is the first step in your own discernment as to whether the gifts you have to give fit with reaching out in an intentional way to journey with and care for fellow members in need.**

**There are specific requirements for members who join the Pastoral Care Associates Team. Knowing these may help you to discern if being a Pastoral Care Associate is right for you at this time.**

- \*participate in 6 hours of training**
- \*a two-year commitment**
- \*attend Pastoral Associate synergy meetings once a month**

**If you are unable to attend but would like to hear more, please call or email the church office and we will set up a time to meet with you individually.**

**I end with the words the Pastoral Care Associates repeat in our once a month meeting as we light the chalice. The words reflect the call of one's heart that matches the call of the world. "With the kindling of this Flame, I reaffirm my commitment to accept my gifts with grace and gratitude, and to use them to bless the world In the Spirit of Love." If that speaks to you, come join us.**

**Alice Martin, coordinator of Pastoral Care Associates**

## Game Nights



## Every Other Friday Night @ 6 p.m.

Upcoming dates: Sept. 21, Oct. 5, Oct. 19

Join us for a family-friendly game night every other Friday in the social hall. Bring games or play one of ours! Snacks to share are always welcome :)

## Adult RE



### Articulating Your UU Faith

#### Session 1: Articulating Your UU Faith

Class Schedule: 9/6; 9/13; 9/20, 9/27; 10/4

Time: 6:30-8p @ UUCQC Board Room

*Articulating Your UU Faith* is designed to help all UUs speak more effectively about our liberal religion and their particular perspectives on it. This 5 week program focuses on practicing how and what to say in various settings in which you may be called upon to declare yourself religiously or illuminate some angle on this liberal religious movement that has touched and changed so many lives for the better. Yet many of us struggle to describe our religion to others. This course provides hopeful inspiration and resources, plus the opportunity for meaningful connection to fellow UUs.

#### Session 2: Building Your Own Theology - Part 1: Introduction

Class Schedule:

10/18; 11/1; 11/15; 11/29; 12/13

Break for Holiday

1/10; 1/24; 2/7; 2/21; 3/7

Time: 6:30-8p @ UUCQC Board Room

Based on the assumption that everyone is their own theologian, this 10 week program invites participants to develop their personal credos: the fundamental religious beliefs, values and convictions that inform and direct the living of their lives. We will discuss five developmental tasks in which we will attempt to come to terms with human nature, ultimate reality, history, ethics, and religious meaning and how it relates to our seven UU Principles.

#### Session 3: Building Your Own Theology - Part 2: Exploring

Class Schedule:

3/21; 4/4; 4/18; 5/2; 5/16; 5/30;

6/13; 6/27; 7/11; 7/25

Break for August

Time: 6:30-8p @ UUCQC Board Room

Beginning with an introduction to the six Sources of our UU faith, this 10 week course builds on the credo-development progress by focusing on various theological question to help participants grown in their ability to understand and clearly articulate their own belief systems. We will examine key issues in religious inquiry, including truth and authority, theological diversity, spirituality, sin and salvation, justice, suffering, death, immortality, and the concept of the beloved community.

## W.o.W.

**Thursday, October 4**  
**11:30 @ La Rancherita 2**  
**MOLINE**

Join the group for lunch and conversation! Parking in the back, try the Cactus Gordita!  
( hey, new? a free drink awaits you! )  
Jackie Erikson



La Rancherita [2139 16th Street Moline, IL](#)

**Questions? Email Jackie!**

## Humanist Team



**Fear of a**  
**Black Atheist**  
**with Mandisa**  
**Thomas**  
**October 6 @**  
**1 p.m.**

Founder &



president of Black Nonbelievers Inc. and winner of the UU Humanist Association's Person of the Year Award for 2018

Mandisa Thomas will speak at 1 p.m. Ms. Thomas will be discussing the unique challenges faced by black atheists, and how we all can help overcome them. After Ms. Thomas' talk, we'll have coffee & conversation.

[Share the FaceBook Event!](#)

## Immigration Project

**Community Action!**

**ONGOING NEED FOR DONATIONS**

**Let's fill our FOURTH LOAD!!!**

Currently, First Pres Food Pantry is caring for the families affected by ICE raids in Mt. Pleasant, Iowa. UUCQC is a collection point for donations.

We are in need of the following items for the food pantry at First Presbyterian Church in Mt. Pleasant, Iowa. Thanks for any assistance that you can provide.

- cooking oils
- bottled water
- drinks
- shampoo and conditioner
- laundry soap
- dish soap
- paper towels
- toilet paper
- Enfamil NeuroPro Infant (0-12 months)

Call the office 5633590816 before dropping by, please!



# Community Involvement



## Monarch Release and Immigration Celebration

**Sunday, September 23, 2018**

**2:30 p.m.**

**VanderVeer Park**

**(near the big fountain)**

During the month of September and October, monarchs that eclose (emerge) here in the Quad Cities will be the migrating generation—these are the monarchs that fly to overwinter on the fir trees in the mountains of Michoacán in Mexico. They will remain there until February, when these same butterflies will begin their great migration north, following the milkweed as it begins its springtime growth cycle.

Quad Cities Interfaith will be holding a unique opportunity to be a part of this migration. Join us in a ceremony at VanderVeer Park to symbolically support those who migrate—butterflies AND humans.

During the ceremony we will share the tradition of Day of the Dead in Mexico, which celebrates the autumnal arrival of monarch butterflies as the representation of their dead loved ones. We will also talk about what we're called to do as humans search for safe refuge and how we might respond to support those who are forced out of their home countries.

There will be an opportunity for participants to remember loved ones and make intentions for creating safe passage for human immigrants.

After a short program—which will include music—we will release tagged monarchs. Children will be invited to help with the release. Attendees will witness the start of this incredible journey and send the monarchs off with hopes/prayers. Milkweed seed balls will also be given out.

**This event is free and open to the public. Please join us. Attendees are encouraged to bring their own chairs.**

Questions: Contact Julie Ross or Marcy Doyle [qcinterfaith@gmail.com](mailto:qcinterfaith@gmail.com) 563-322-4910

## Office Hours

### UUCQC Office Hours:

Monday-Friday, 9 a.m. - noon (**afternoons by appointment**)

Amanda ([office@uucqc.org](mailto:office@uucqc.org))

563-359-0816

### Rev. Jay Office Hours:

Call 563-359-0816 or email [minister@uucqc.org](mailto:minister@uucqc.org).

UU News submission deadline:

Every Wednesday at 10 a.m. No exceptions.

Email [office@uucqc.org](mailto:office@uucqc.org)

Unitarian Universalist Congregation of the Quad Cities

[uucqc.org](http://uucqc.org) | 563-359-0816 | [office@uucqc.org](mailto:office@uucqc.org)

STAY CONNECTED:



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