



In Touch

FIRST UNITARIAN UNIVERSALIST CHURCH OF WICHITA

FOUNDED 1887

President's Letter

- Doug Wilson

Several of us got together and played some bingo a few weeks ago. Charles, Jayne, Miles, and I all called letters at some point, and the callers all ran their own cards while calling! Miles won four times, which was half the rounds. We raised a little money and had fun too!

We had a great showing for the Pride march. If I remember correctly, there were thirteen of us in the parade. We walked with the congregation banner, and Corey Swertfager drove with a huge Rainbow flag sticking out of his sunroof. Of the several Prides I have attended, this one had the biggest crowds.

We had some window work done to ageing and leaking windows. We had the roofers look at what we thought were leaks, and they assured us they were not. So now we believe some sheetrock ceiling-work needs attention.

Someone tried to rob the outdoor storage shed. The latch and lock were mangled but kept them out. Bruce attached new hardware for us. Thanks Bruce!

Andrew hosted a very informative and pivotal meeting outlining the beginning stages of crafting our vision. How we're going to make our mission more visible, how were going to "walk our talk." It will aid everyone, veteran members and newcomers alike, in incorporating the Seven Principles into our lives and church, and in seeing how it all fits together.

Upon reflection, this month manifested as a series of events. When I think back on the month, it's kind of a good exercise to see where I/ we've been, and it helps illuminate the path forward.

See ya at church!

Doug

Feast for the Dead

- Anne Bailey

You are invited to the 27th Annual Feast for the Dead on Saturday, November 3, 2018. Doors open at 6:00; dinner is at 6:30, and ritual is at about 7:00.

Costumes are welcome or come as you *really are*. Bring something to represent an ancestor or person significant to you who has recently passed over. Bring a generous dish to share and whatever you wish to drink.

Call Anne Bailey, 650-4905; Linda Jordan, 512-6652; or Paula Peare, 312-5235.

In Touch

The newsletter of the First Unitarian Universalist Church of Wichita is published monthly.

www.firstuu.net

Member

Unitarian Universalist Association

President: Doug Wilson

Office Manger:

office@firstuu.net

(316) 684-3481

Anita Culp

M, Tu, & F: 9:30am - 2:00pm

W & Th: 1:00 - 5:00pm

Director of Religious Exploration:

Denise Jackson-Simon

simontrio@aol.com

(316) 644-2022

Newsletter Staff

Copy Editor: Suzanne Miller

millerbuchhorn@gmail.com

Layout Editor:

Rolando Gomez

shadoe7@mac.com

The deadline for In Touch and for the monthly calendar is the third Wednesday of each month.

Board of Trustees October Meeting Agenda

Following is the First UU Board of Trustees October 17, 2018, meeting agenda. If you would like more information about agenda items, you may refer to the minutes, which are usually kept on file in the church library.

"Believe you can, and you're half way there." – Theodore Roosevelt

Check in

Agenda review

Consent agenda and September minutes

Reports:

1. Treasurer's report
2. President's Report
3. President Elect's report

Continuing business:

1. Web page redesign
2. Roof leaks

New business:

1. Any new business?

Adjourn

First UU at Wichita Professional Communicators Event

- Annie Welsbacher

To help support a free and responsible press, First UU donated a free-trade coffee-chocolate basket to Wichita Professional Communicators for its August silent auction-mixer, which raises funds for annual journalism student scholarships.

The donation, which featured our name and logo and a brochure, also helped promote our church at a gathering of like-minded individuals and community leaders. Thanks to the board and Charles Merrifield for supporting this project.

Services in November

- Annie Welsbacher

With the arrival of darker days, our November services address topics both painful and healing. The kids will join us for two services.

The month begins November 4 with Andrew Davis in the pulpit. His timely topic will be "Sanctuary is More Than Just a Pretty Place." First UU youth will expand on Andrew's idea with a lesson about our second principle: justice, equity, and compassion in human relations.

On November 11, Dan DeMott and Peter Ninemire will speak about the complex subject of depression. They'll address the topic from different perspectives – one sharing his personal experiences and the other approaching the topic from the point of view of a professional clinician.

As we head into Thanksgiving week, Thea Nietfeld will describe "Thanksgiving Parades" on November 18 with a tantalizing teaser: "It's a miracle of mutuality to see and be seen in a public parade; you can't always tell who is giving and who is receiving. At this traditional holiday, let's plan to be delighted by surprising gifts." UU youth return for a lesson on a topic we are never too old to revisit: gratitude.

On November 25, Corey Swertfager will describe pragmatic mystic Eknath Easwaran's eight-point practice program and propose how UUs can incorporate his principles into their daily lives. Easwaran's complete spiritual practice includes meditation on a passage (he recommends selections from the world's wisdom traditions that are positive and practical and that fit with one's own beliefs), repetition of a mantram, slowing down, one-pointed attention, training the senses, putting others first, spiritual fellowship, and spiritual reading.

First UU at Trust Women Gala

- Corey Swertfager

First UU is once again sponsoring a table at Trust Women's gala. This year it's at The Venue – Distillery 244 Old Town at 6 p.m. on Thursday, November 8.

Contact Corey Swertfager at bikercorey@gmail.com if you'd like to sit at our table of eight. Seats at the First UU table are available for a donation to First UU, with "Trust Women Gala" in your check's memo line – suggested donation is \$100 per person (the cost of a regular ticket, though any amount you can give will be appreciated).

Treasurer's Thank-You Note

- Anne Bailey

Thank you – all of you – who are remembering to make your pledge payments to the Church. We have paid all current bills and have a bit in reserve for emergencies.

Don't forget there are a couple of other ways to contribute: Does your receipt from Dillon's have a note at the bottom saying that First Unitarian Universalist Church of Wichita received a donation at your request? If so, thank you! Your household is one of the 62 who added \$343 to the church's coffers during the July-September quarter.

If not, it's never too late to give to the church in this painless way. To get started, create an account that ties into your Plus card by going to www.dillons.com/communityrewards. Fill in your information. Towards the end of the short process under Community Rewards, select "First Unitarian Universalist Church" (number 10162). That's it. Or contact the church office at 684-3481 and have Anita Culp register your card.

And, when you get ready to shop on Amazon, go the First UU website, scroll down near the bottom on the home page and click on the word "Amazon" which will take you the Amazon website, and a percentage of your purchase will be shared with our Church.

Ripples

- LaRilla Combs

The Caring Committee is the arm of the church that acknowledges events in our members' and friends' lives such as illness, surgeries, and bereavements. We also acknowledge celebratory events such as birthdays, weddings, births and graduations.

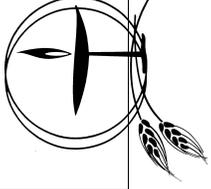
Our deepest sympathies to Carol and John Findling as Carol's brother, John Nobis, died October 6.

Good News! Lila Arnold has returned home from the hospital.

A huge thank you to Marcia Ellsworth and Vivian Minshull-Ford for their excellent leadership in planning and coordinating the successful Fall Rummage Sale.

What touches one of us affects us all. In caring for one another, we are cared for.

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Daylight Sav Time Ends 9:45a Adult Relig Explor 11:00a Worship Service 11:00a Children's RE 12:15p First Sunday Lunch	5 6:00p Zen Friends 7:00p UU Craft Group	6 6:00p Zen Friends 7:00p UU Craft Group	7 7:00p Committee on Ministry 7:00p Worship Committee	8	9 6:00p Private Party	10 6:00p Pagan Circle - Samhain 10:00a Caring Committee Alternative Gift Fair (off site)
11 9:45a Adult Relig Explor 10:00a Small Group 11:00a Worship Service 11:00a Children's RE 12:30p Leadership Council	12 6:30p Vegan Potluck	13 6:00p Zen Friends	14	15	16 11:30a Eclectic Readers	17 6:00p UU Supper Club
18 9:30a Seeking Circle 9:45a Adult Relig Explor 11:00a Worship Service 11:00a Children's RE 12:20p Social Action Group	19	20 6:00p Zen Friends	21 4:00p UU Craft Group 7:00p Board of Trustees 11:00p Newsletter and Calendar Deadline	22 Office Closed	23	24
25 9:45a Adult Relig Explor 10:00a Small Group 11:00a Worship Service 11:00a Children's RE 12:15p Music Committee	26 1:00p Movie Group	27 6:00p Zen Friends 7:00p Membership Committee	28 1:30p Newsletter Mailing	29	30	

Snow Days

- Anita Culp

Winter weather in Kansas means the possibility of snow and ice. When the weather is bad, the Board President makes the decision on canceling Sunday services based on the safety of congregants to be out driving and on the weather forecast for Saturday night. The President tries to make the decision no later than mid-Saturday afternoon so there is time to get the word out to congregants. This sometimes means the weather improves Saturday night but the decision has already been made.

Closings are posted on Facebook and ListServe, and three local TV stations are notified: KWCH (broadcast channel 12), KAKE (broadcast channel 10), and KSN (broadcast channel 3). Of those three, KWCH is the most reliable as they use an automated system and the message goes on their crawl line within a few minutes of notification. Look for “First Unitarian Universalist Ch – Wichita” on the crawl line. The church telephone message will also announce the closing. If you do not have a TV, feel free to contact Anita Culp at her home telephone number, 744-2840.

As for when we do have church services after a snow storm, the church has a snow-plowing contract for the parking lot for snowfall amounts over two inches. The company is good about getting the job done before the Sunday service. As always, the decision is yours about venturing out in bad weather. We want you to be safe.

The Sad Joy of Leaving

- Diane Wahto

My newly published book of poetry, *The Sad Joy of Leaving*, published by Blue Cedar Press, has arrived!

It is available at Watermark Books and at <https://bluecedarpress.com/product/the-sad-joy-of-leaving/> .

I’m planning to arrange a book launch. Watch First UU social media for details.

Shaping Our Shared Vision: An All Congregation Workshop for Writing Our Future Together

- Andrew Davis and Kay Davis

Please join us at the church on Saturday, November 17, from 11:00-3:15 to help envision how First Unitarian Universalist Church will embrace our seven principles as we move into the next chapter of our lives together as a faith community. Lunch will be served at noon.

Individually, **you** will

- Think about what each of our seven principles means to you,
- Imagine how you see yourself acting on each principle,
- Anchor your vision for our principles to our community, and
- Be heard by your peers and listen to your peers.

As part of the larger First UU community, **we** will

- Connect our individual visions to the larger shared vision of the entire congregation so that each person's individual vision for each principle is part of the of the shared vision we embrace together,
- Ensure that our shared vision is consistent with our church's mission,
- Identify specific pathways for meaningful participation for all members, and
- Remain open to new ideas and people so that we are nimble enough to respond to changing times, community needs, and congregant wishes and values.

What you'll get for your time:

- Great conversation with smart people,
- A wonderful lunch: vegetarian and vegan options will be available,
- A chance to help make principle five come alive: the right of conscience and the use of the democratic process within our congregations and society at large, and
- A direct say in our future that will be seen by all when they enter our church building.

We will send out background information (our seven principles, the church survey, etc.) for you to review about two weeks before our workshop, and we will ask you to bring three ideas about our church that matter to you to help us kick start our conversation. Complete instructions for this "homework" assignment will come with this background information.

We know everyone is busy and the last thing any of us want to do is attend another meeting, but we promise you that this workshop **will not** feel like a committee meeting; rather, it will be engaging, move quickly, and lead to meaningful results.

To ensure that we have enough materials and food, please let us know you are attending by Sunday, November 11. You may sign up at church or call Andrew or Kay Davis at 945-0773, or email Andrew at andrewdavis1@att.net or Kay at kmdavis9909@att.net.

First UU at Alternative Gift Market: November 10

- Joe Lozano

On behalf of the First UU congregation, the Social Action Committee will have a booth at the Alternative Gift International Fair from 10 to 4 on Saturday, November 10, at University Congregational Church, 9209 E. 29th St. North. Proceeds from our booth will support “Pay It Forward with a Goat,” a project which provides goats as renewable economic resources for families in the communities of Gros Morne, Haiti. Gros Morne, which took one of the heaviest blows from [October’s earthquake](#), needs help more than ever.

We encourage you to “shop” at the AGI Fair. Rather than buying traditional gifts for loved ones, shoppers at Alternative Gift Markets can honor their friends and family by donating to various national and international humanitarian projects. Alternative gifts are sustainable gifts that help people in need. For more information, visit <https://alternativegiftmarketwichita.wordpress.com/>

Adults’ Religious Exploration: *12 Essential Scientific Concepts*

Cosmology. Neurology. Genetics. Chemistry. These are just a few of many fascinating branches of the scientific world ripe for exploration. But because science is such a vast arena of knowledge, people looking for a better grasp of its secrets often wonder where to begin. The answer: with the essentials.

12 Essential Scientific Concepts, a 24-lecture video series, investigates the modular brain, brain plasticity, quantum theory, emergence, life, evolution, genetics, electromagnetism, thermodynamics, fluid mechanics, the Big Bang, and the nature of matter. For each of them, Professor Indre Viskontas gives you an expert’s introduction to their key ideas, the math and science behind them, the great minds responsible for uncovering them, and their relevant applications to (sometimes surprising) areas of life.

The Sunday, 9:45 a.m., Adult RE group will begin this video series on November 4. Contact: Frank Ruf, 650-3842.

Lament Structure

- Thea Nietfeld

The following structure of a lament, from my September 30 sermon, "[UU Spirituality on Tap](#)" (to find it online, google "Sermons First UU Wichita"), comes out of the UU Congregational Spirituality retreat last summer.

Annie Welsbacher says about this lament structure, "You kind of had to be there, because Thea's example that she used to take us through the whole exercise was very relatable and pragmatic. I think if I had just seen this, I would not have been interested in pursuing it. But using plain language to go through the steps given in this lament, Thea showed us how we can change our thinking to the betterment of our feelings and the outcome! The example she used was her irritation with the Newton police for not returning her calls as quickly as she felt they ought to, and her default feeling of "them vs. us/me" rather than the possibility that they were on her side. So she went through the exercise with the specific goal of changing her belief/attitude about the police and their seeming lack of support of her in her work."

Structure of a Psalm of Lament:

- Address to god – how do you call on the divine presence?
- Complaint – What is your lament and cry of pain?
- Affirmation of trust – Have you had an experience of god meeting you in your pain before? Draw on this memory to experience a sense of companionship in your grief.
- Petition – What is your deepest desire from god? What do you want for the earth?
- Assurance of being heard – What do you need from god to feel witnessed?
- Vow of praise – What can you promise or offer to god on behalf of your longing?
- Hymn or blessing – Is there something for which you can express gratitude, wonder or delight?

Children's RE Corner

- Denise Jackson-Simon, Director of Children's Religious Exploration

The chilly weather and rain did not dampen our spirits or our attendance for the Fall Family Roundup. We had a great turn out of kids. I am grateful for the help by teens Brianna, Emma, and Landen, and young adult, Madeline. They were wonderful and fun to have around as my very able and willing assistants.

Following our Day of the Dead/Halloween celebration on October 28, we will begin our November focus on Principle 2, "Be kind in all you do". November 4 and 18, children will participate in the first half of the service and then return to the classroom for a follow-up lesson. November 11 will be a community service project, and on the 25th, we will have a Thanksgiving celebration in the classroom.

With this month's emphasis on gratitude, I will say here that I am grateful to be able to hang out with the beautiful children who attend our RE program. My hope is that we are able to provide a meaningful, fun experience for all.

Remember, it is much more fun when U all are here!

FIRST UNITARIAN UNIVERSALIST CHURCH

7202 E. 21st St. N.
Wichita, KS 67206
www.firstuu.net



Eclectic Readers Pick a Classic: *One Hundred Years of Solitude*

"In 1967, Sudamericana Press published *One Hundred Years of Solitude* (*Cien años de soledad*), a novel written by a little known Colombian author named Gabriel García Márquez. Neither the writer nor the publisher expected much of the book. They knew, as the publishing giant Alfred A. Knopf once put it, that "many a novel is dead the day it is published." Unexpectedly, *One Hundred Years of Solitude* went on to sell over 45 million copies, solidified its stature as a literary classic, and garnered García Márquez fame and acclaim as one of the greatest Spanish-language writers in history."—From the archives of *The Atlantic*.

The novel's many international awards certainly set the stage for Garcia Marquez's 1982 [Nobel Prize for Literature](#). The novel topped the list of books that have most shaped world literature over the last 25 years, according to a survey of international writers commissioned by the global literary journal *Wasafirii*. Oprah Winfrey, Bill Clinton, and Barack Obama include it on their favorite book lists.

Join us for a brown bag lunch at 11:30 on Friday, November 16. Discussion begins around 12 noon. Del Smith, 316-612-0826.