



Chalice Flame

First Unitarian Society of Pueblo



SEPTEMBER 2014

MEMBER OF THE UNITARIAN UNIVERSALIST ASSOCIATION

VOLUME XIV, ISSUE IX

SUNDAY SERVICES FOR SEPTEMBER

SERVICES ARE HELD FROM 10:30 TO 11:30 AM

SEPTEMBER 7: SHAWN COLLINS

"My Religious Conversion"

Shawn recounts his conversion from the belief system of his youth to his eventual discovery of Unitarian Universalism.

Service Leader: Michele Barnes

SEPTEMBER 14: DORIE SILVERMAN

"What Money Won't Buy"

"When you let go of trying to get more of what you don't need, it frees up oceans of energy to make a difference with what you have." (Lynn Twist)

Service Leader: Midge Birgers

SEPTEMBER 21: MICHELE BARNES

"Mabon: Balancing the Wheel at the Autumn Equinox"

The light and dark are once again balanced on the Earth. This is a time to find balance in our lives. It is also a time of the second harvest and thanksgiving. The seasons change, fall is arriving, and winter is on the horizon. **Service Leader: Dorie Silverman**

SEPT 28: REV. PALLAS STANFORD

"Telling the Truth, Face to Face"

In honor of the high holy days of Judaism, Unitarian Universalist minister Pallas Stanford asks us to consider what it means and what it takes to live in right relationship with one another. Learning to speak our truth in love is the first step.

Service Leader: Janice Nelson



"TORCHLIGHTS" FROM OUR PRESIDENT, STEVE ACKER

MINDFULNESS



In a recent conversation with my stepson Scott, I was talking with him about the benefits I receive from daily meditation. I told him about how in practice I try to empty myself of cluttering thoughts and be aware of the sensations in and around me without judging them. I try to focus on what is happening in the present instead of dwelling in the past or looking toward the future. To my surprise, he knew exactly what I was talking about.

In my conversation with him, I learned that what I classified as a religious or spiritual practice was actually finding acceptance in the secular realms of society. Scott termed the practice "mindfulness". He recommended I read the book his doctor had prescribed for him *Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Pain* by Jeffrey Brantley, MD.

Scott has been through a lot with his health issues and the associated fear, worry, anxiety, and panic. For him, this book and the practices contained within have been a god-send. Being present in the moment has allowed him to deal effectively with his ghosts of the past and fear for his future health and wellbeing. His mom and I had a wonderful visit with him in Tennessee recently, and I was truly amazed at the transformation I witnessed. He was positive and happy and is starting college with a major in chemistry. This is in stark contrast to the person who so many times in the past was despondent and convinced that he had no reason to live.

I tell you all this only to illustrate how religion and science can work hand in hand. A lot of us are uncomfortable with the words "spiritual" or "religious,"

often with good reason. Still, we as UUs need to remember that our “free and responsible search for truth and meaning” draws from many sources within our living traditions. I think they are worth repeating here:

- ✚ Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- ✚ Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- ✚ Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- ✚ Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- ✚ Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
- ✚ Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature

I am reminded of the story of the woman who was cooking a roast for dinner and her husband caught her cutting off and throwing out a portion of the meat. “What are you doing?” her husband asked. “That’s just the way my mother did it,” she answered. But why would she throw away a perfectly good piece of meat? She decided to call her mother and find out. Her mother told her she just didn’t have a big enough pot in which to cook it!

I hope, as UUs, our hearts and minds are big enough to embrace the “meat” of wisdom and truth regardless of its source.

More information on mindfulness and its applications can be found at bookstores or on the Web. Here’s a link to get you started:

http://en.wikipedia.org/wiki/Mindfulness_%28psychology%29

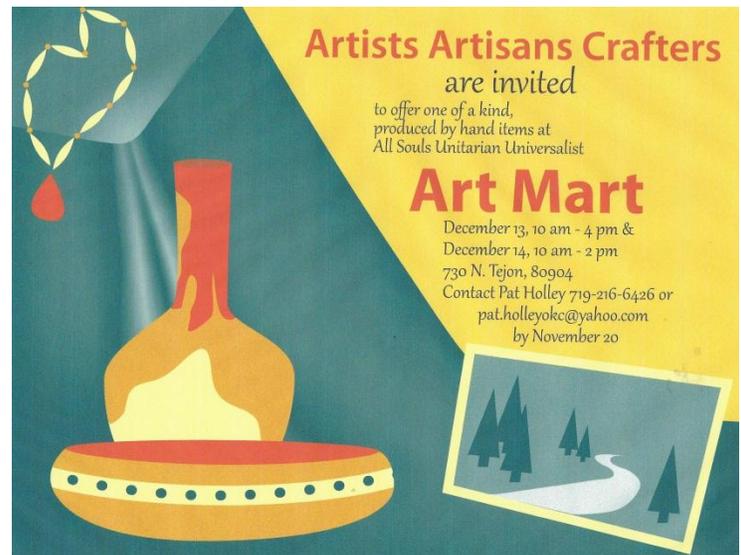
Blessings,

Stephen Acker

President, First Unitarian Society Board of Directors



CALLING ALL ARTISTS: ART SHOW AND SALE AT ALL SOULS UNITARIAN UNIVERSALISTS IN COLORADO SPRINGS IN DECEMBER



See Star Jorgensen for more information.

BOARD BITS FROM THE AUGUST MEETING

Meeting was held August 12 at 6:15.

- ✚ Treasurer’s Report: We have a positive balance once bills are paid. The carry-over amount was finalized at \$ 2585 after further research into income and expenses for the previous FY. Discussion of status of bills being paid in multiple payments, including remaining monies due for backflow prevention
1. Operations: A number of issues were discussed:
 - Weed control: Committee will report back soon on recommended means to effectively control weeds on an ongoing basis; they are not controlled now and we have received a written request to cut them back
 - Sustainability concerns regarding paper products
 - Cost of work on swamp coolers
 2. Program: All Sundays for September are covered. Speakers include Shawn Collins, Michele Barnes, Rev. Pallas Stanford, and Dorie Silverman. We have 1 to 3 kids attending regularly.
 3. Member Support: The member/friend directory is just about ready for printing. Caring has been sending out cards and notes. Membership will send out notes to all guests from the past few months, encouraging them to come back.
- ✚ New Business:
 - Committee on Ministry: Board, in executive session, discussed candidates to fill the two open slots on this committee. Final decision will

be reached next month as additional candidates may be brought forward.

- Review of letter to executor of Pat Spahr's estate written by Louise; approved and signed by Steve.
- Ali, Michele's daughter, will be helping in RE when she's able. Thanks!!

PRESS RELEASE: INTERFAITH LEADERS URGE PRESIDENT OBAMA TO ACT ON IMMIGRATION

August 27, 2014, Boston, MA

In a letter delivered today to President Barack Obama, religious leaders urge the president to take administrative action on the issue of immigration reform.

This letter comes to the president as he continues to weigh executive action in the midst of Congress' inability to pass comprehensive immigration reform.

In the letter to President Obama, the Rev. Peter Morales, president of the Unitarian Universalist Association (UUA), and five other national faith leaders call for executive action that includes three significant components:

1. Stop deportations immediately.
2. Expand deferred action to immigrant workers and families.
3. Protect unaccompanied children who have sought refuge within the United States border.

Morales was joined on the letter by Rev. Geoffrey A. Black, General Minister and President of United Church of Christ, Bishop Minerva G. Carcaño of the United Methodist Church, Los Angeles Area, Rev. Dr. Susan T. Henry-Crowe, General Secretary, Board of Church and Society of the United Methodist Church, Rev. John L. McCullough, President and CEO of Church World Service, and Rev. Dr. Sharon Watkins, General Minister and President of Christian Church (Disciples of Christ).

The letter reads in part, "As a nation of immigrants, we must stand on the side of love with immigrant families. As a religious community, we cannot ignore the moral call to help those who are suffering. And as citizens of the world, we must respect the inherent worth and dignity of all."

For more information contact the UUA's Public Relations Director: (617) 948-4386 (office) or pr@uua.org

This work is made possible by the generosity of individual donors and congregations. Please consider making a donation today.

VIEW FROM THE WINDOW PICKING ROCK

Joe tosses me the keys to the flatbed truck. "Follow me", he says. He climbs onto the bucket tractor and we head out to the back fields. Four-letter words spin round and round in my head. I was hoping I'd have a nice easy day; maybe raking hay or mending fences – something that felt productive. Please, not this monotonous back-breaking chore... I'd rather be mucking out the calf stalls than this!

I'm at the sink; doing dishes. Again...Another monotonous chore... Curious word: Monotony... Something that is tedious; repetitious; lacking in variety; BORING... The iPod plays in the background. I'm already thinking about the next meal. I know she works hard during the day and is always appreciative no matter what I serve to her. I feel blessed to have her as my wife. I smile as I think of my time back on the farm picking rock.

We were here yesterday. Pete had just plowed this field a couple days ago. A 20-acre field is not that large compared to some of the big farms out West, but then they weren't visited by melting glaciers that dumped their load at our doorstep. It seems like the more we work, the larger the field grows. We pull up to where we left off yesterday. We'd just discovered a big nugget that needed to be dug out. We grab the shovels and start exposing our "prize"? Joe backs the tractor in place and I hook the chain to the tow bar. I wrap the other end of the chain – the one with the slip hook – carefully around the rock. Joe pulls ahead slowly and the chain starts to slip. "No good", I yell. He backs up and I dig a little more; then slip the chain back around our prize. This time the chain gets a firm hold and the boulder rolls onto the ground, fully exposed. I unhook the chain and Joe maneuvers the bucket right in front of the rock. It takes the two of us to push it into the bucket. While he takes the load to the flatbed, I take a couple swigs from my water bottle. I pour a little onto a rag I keep with me and mop my face and neck. I look up to the cloudless sky and think to myself that it's going to be a miserably hot day...

I'm outside pulling weeds. I straighten up and look around me. "It's going to be a beautiful day," I say to no one. I am by myself. I look up to a cloudless sky. I feel

REV. ROGER BUTTS AS HE PRESENTS “BLESSED ARE THE PEACEMAKERS”



Rev. Roger Butts focused on three UU peacemakers, Thomas Merton, Dorothy Day, and Theodore Parker, in his sermon on August 3, 2014.

SOCIAL JUSTICE ORGANIZING MEETING SEPTEMBER 2 AT 6:15

The Social Justice Committee, headed by Janice Nelson, is looking for more ways to reach out into the Pueblo community, as well as for more participation from members of FUS, in our social justice work. We would like to get more of our members involved and define new directions.

In light of this, all are invited to a brainstorming session on social justice possibilities for FUS to be held on Tuesday, September 2, at 6:15 at FUS. Snacks will be provided!

Meanwhile, consider getting involved in the following activities:

- ✚ Find out how you can be involved in the *Together Colorado* immigration action group—contact Doug Ohmans, Steve Acker, Midge Birgers, or Janice Nelson.

the warmth of the sun on my body; punctuated by a light breeze. I feel the slight ache in my back and arms as my brain registers the smell of the soil and plants around me. I smile as I admire a red-tail in the distance, riding the thermals with such grace. I take a swig from my water bottle and think to myself that it's good to be alive. I think back to what I felt while picking rock.

We've been at it for a while. I try to distract myself. I think, "Boy, if these were gold nuggets, how rich I'd be." I think of all the things I'd buy with my gold. I'd start off with a new motorcycle. I try to imagine how I'd feel riding down an open road with the wind blowing across my body. I think of how I would impress my girlfriend with my ride. Instead, I'm still cursed with this stupid bicycle. "Isn't it lunch time yet, Joe?" He looks up and observes the position of the sun in the sky. "Nope. Got another 30 minutes," he says. How does he do it, I wonder? He must have a pocket watch hidden somewhere and I just never catch him looking at it. How can he be so patient and calm? I even catch him smiling at me. He's a sadist, I think to myself. He *enjoys* watching me suffer.

It's trash day and I'm rolling the barrel down to the end of the driveway. I'm thinking of how many weeks I've gone through this same ritual. Collect up the trash; separate the recyclables; put it out for pickup...I smile and wave to my neighbor who is doing the same. "Mornin', Ray! Looks like another beautiful day." "Yup!" he replies. "Another great day to be alive!" I think about monotony of picking rock.

Finally, it's day's end. We head back to the barn and I park the truck. I ride my bike home and think to myself, "I'm just going to quit. Why should I waste my summer vacation when all my friends are having fun? Is the money I make really worth it?" But then I think of the chores my mother would make me complete—without pay. I'm back picking rock the next day.

I'm at the table; looking out my window. I'm thinking about those days spent in the field picking rock. I'm thinking of the plowed field cleared of rock. I'm thinking of that same field disked, planted with seed, and then the corn flourishing in the sun. I think of the harvest—the fruits of our labor. I think of all the monotonous tasks I have performed throughout my life. And what do I have to show for my harvest? I think of my wife and my boys and my grandchildren and how blessed I am. I think of that foolish boy who picked rock those many years ago, and who received one of the most profound lessons from one of the most venerable men in his life. I catch myself smiling...
Gampi

- Join the local initiative groups to help get out the vote and study the issues and candidates. This is an especially important year!

MANY THANKS!!

SPECIAL THANKS TO **DORIE SILVERMAN** FOR CLEANING THE CHURCH IN AUGUST

BUNCHES OF THANKS TO **STEVE ACKER, SHAWN COLLINS, AND DOUG OHMANS** FOR MOWING/CUTTING THE WEEDS AROUND THE BUILDING, FOR DISPOSING OF CUTTINGS, AND FOR CUTTING UP BRANCHES THAT HAD FALLEN FROM OUR TREES

ADDITIONAL THANKS TO **MARY DUMETRIA AND STAR JORGENSEN** FOR WEEDING THE GARDENS

MANY THANKS ALSO TO **SHAWN COLLINS** FOR PURCHASING A NEW COMPUTER AND DONATING IT TO FUS
THANKS TO ALL FOR ALL THAT YOU DO!!!

MEMBER SPOTLIGHT: KATE LANGWORTHY, SECRETARY OF THE FUS BOARD OF DIRECTORS

Kate Langworthy may not be a familiar face to some of our newer members—that’s because she often works on Sundays so can’t regularly attend our services. But as our Board Secretary (newly-elected to the second year of a two-year term after serving one year as an appointed Board member), she faithfully attends Board meetings, taking excellent, detailed minutes, and documenting all other congregational meetings for our records.

Kate grew up in Vermont and lived there until she was a young adult. She lived briefly in California, went back to Vermont, and ultimately moved to the Southwest in 1999, first to Silver city, and then to Pueblo in 2001.

Kate’s family has a long history in the US, having emigrated (on both sides of her family) from England in the 1600s! Her various grandparents were Quaker, Mennonite, Christian Scientist, and mainstream Protestant. By Kate’s generation, her family did not follow a particular denomination and she was raised without religious involvement, though she found the Quaker church as an older teen and considered herself primarily Quaker. When she found the UU congregation in Pueblo (no Quakers here), she found that her Quaker

beliefs melded well with our UU Principles and Purposes, and joined FUS (its precursor) in 2004.

Kate earned her Bachelor’s degree from the University of Vermont in Dietetics, though she has not practiced in that area. She has worked for a variety of non-profits and currently works for J.C. Penney in retail as she searches for a position that leverages her many talents.

Kate is single, but would love to find her soul mate one of these days. She has a 24-year-old daughter, Elena, who just graduated from CSU Pueblo with a major in Political Science.

She loves reading, gardening, and learning for its own sake. She considers herself a “constant learner.”

Fun fact: With a group of about 40 other activists, Kate walked all the way from the Liberty Bell in Philadelphia to the George Washington Bridge in New York to raise awareness of the rights and needs of welfare recipients and other poor people.

Thanks to Kate for 10 years of commitment, service, and fun at FUS!! We appreciate you so much.

SOCIAL ACTIVITIES AND OTHER GATHERINGS

Socrates Café, 9:00 each Sunday:

Come talk philosophy, life, death, and religion with a lively group of interesting FUS folks.

Social Justice Brainstorming Meeting. 9/2, 6:15: Come and put forth your ideas as to social justice causes in which FUS can participate and make a difference. Snacks provided. We need your ideas! Snacks provided.

Happy Bookers: Lunch meeting 9/3, 11:30 at the **Nature Center** for lunch and conversation; discussion meeting on **9/17 at 4:00**. September’s book is ***Firefly Lane*** by Kristin Hannah, about two eighth-graders who vow to become best friends for a lifetime. Even though they lead very dissimilar lives, their sometimes warm and sometimes stormy relationship makes for a fascinating read. (If you are interested in coming to our meetings, contact Kay Trainer at 719-544-7323 or Dorie Silverman at 719-566-4962.)

Philosophy at Four (Each Thursday): Join this gaggle of philosophers who are continuing their journey with the book ***What God Said*** by Neale Donald Walsh. Contact Steve Acker (423.930.7277) for additional information.



Singing Practice: Each Thursday at 6:00 with Michele Barnes.

New Book Club Forming at the church, led by Isabel Soto-luna! First meeting will be **Saturday, 9/6**, at 10am at FUS. Please bring a breakfast or brunch dish to share; Isabel will make sure we have plenty of coffee and tea. At the first meeting, we will discuss the types of books we like and what we've read, and select our first book as a group. If you have any questions, please contact Isabel at soto.isabel@gmail.com.

Fellowship Breakfast: 9/12, 9:00: Each second Friday, join the bunch for lively conversation and a great breakfast. This month we will be at **The Daily Grind**, 209 S. Union Ave. This venue is a great place to meet up for good food and conversation in a coffee-house atmosphere. Come and be part of the group!

Social Justice Movie: 9/14, noon: Each second Sunday, bring a snack and join us to view a movie with a social justice message. This month, see **OMG GMO**, a provocative documentary that follows one father's search for the question "What are we feeding our families?" and examines the risks of consuming genetically modified food (GMOs). 90 mins.

Pueblo Pagans: 9/17, 6:00: This monthly discussion / teaching group encourages everyone from the novice to the experienced to learn new things, share knowledge, and have fellowship with other pagans. Led by Michele Barnes.

Saturday Night Movie and Pot Luck: 9/27, 5:00: Bring a dish to share for the 5:00 potluck, and stick around for the movie at 6:30. This month, see **Live-in Maid**, a 2004 Argentine/Spanish drama film. The drama is set in Buenos Aires during the early 2000s' economic crisis. It tells of the relationship between Beba, a spoiled, temperamental member of the Argentina upper middle class and her long-time maid, Dora, both in their 50s. Beba is a well-to-do socialite, but the economic crisis has left her with almost nothing, while Dora has managed to improve her circumstances. The film depicts the transformation of Argentine society through the lives of two very different women when the "tables have turned." The film holds an overall 100% approval rating by the critics on *Rotten Tomatoes*, and it has won awards at six major film festivals.

Ice Cream Sunday, 9/28: We will celebrate September birthdays after the service. If your birthday comes in September, let us know your favorite flavor so we can honor you properly.

FUS AT THE GAY PRIDE FESTIVAL

On Sunday, Aug. 17, many FUS members and friends supported our presence at the 2014 Gay Pride Festival at Mineral Palace Park! Shawn Collins, with the help of others, set up the table before 11:00 AM, and others came to support it over the course of the day, including Maria Adkins, Tirzah Collins, Isabel Soto-luna/Shawn Yasutake (and son William), Michele Barnes (and daughter Ali), Laura Heins, Michele Lachman (plus Ryleigh and Connor), Jan and John Butorac, Louise Burg, and Midge and Ib Birgers. Special thanks to Midge for gathering the materials! (Sorry we didn't picture everyone who helped!)



The FUS Table: Back row: John and Jan Butorac, Laura Heins, Michele Lachman, Louise Burg. Front row: Connor and Ryleigh

SOCIAL JUSTICE CORNER

Below is a summary of some of the social justice activities in which our members/friends were involved this past month as well as activities for consideration for FUS member participation:

- ✚ On Aug. 2, a panel discussion was held on the increasing problem of human trafficking in our area, to include a discussion of possible opportunities for awareness and action. Jim Colson, Janice Nelson, and Midge Birgers represented our Society. Thanks to all!
- ✚ The fourth workshop on immigration issues was held on Aug 23, coordinated by **Together Colorado** and our local **Faith Leaders in Action (FLIA)**. This group is reviewing educational materials, sharing stories, and discussion action opportunities. FUS active members include Midge Birgers, Janice Nelson, Don Bruestle, Steve and Kathryn Acker, Doug Ohmans, and Jim Colson, who have all

attended and/or are active participants. Thanks to our dedicated activists!

- ✚ FLIA (Faith Leaders in Action) meets regularly. Midge Birgers and Janice Nelson have represented FUS since its beginning, and our congregation has voted to be a member. Some of the issues we have addressed include health insurance reform, racial justice, gun safety, voter registration, and immigration. Members have met with local and state representatives, shared information about other like-minded groups, and promoted more understanding among all faith groups. This group is comprised of clergy, lay leaders, and community people. In September, leaders from Together Colorado will conduct a workshop to explore further directions for Pueblo's needs.
- ✚ Continue to recycle, and be aware of using sustainable products as much as possible. Thanks to Dorie, Jan and John, Don, Steve, Shawn, and the others who are taking our FUS recycling material home each week!

- ✚ Please continue to bring food and other items for Cooperative Care. Their needs continue to grow. The homeless population in Pueblo has increased greatly.

UUs have always been involved in justice issues consistent with our principles. We encourage all FUS members to be aware of the issues, and become involved in your area of interest either as an individual or as part of our FUS activities. Learn about the issues near and dear to your interests, and be sure to vote in the next very critical election!

***The Mission of the First Unitarian
Society of Pueblo***

We are a diverse, welcoming community which celebrates spiritual and religious freedom, nurtures growth and learning, and works toward a more compassionate, tolerant, and sustainable world.



A flame within a chalice represents the Unitarian Universalist Association and is a symbol of the Unitarian Universalist faith.

First Unitarian Society of Pueblo

Board of Directors: Steve Acker, President; Midge Birgers, Vice President; Kate Langworthy, Secretary; Jan Butorac, Treasurer; Shawn Collins, Louise Burg, and Dorie Silverman, Directors at Large
Pianist/Harpist: Myrna Steele **Chalice Flame Editor:** Jan Butorac
FUS Administrator and Music Director: Michele Barnes

SEPTEMBER CALENDAR OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Social Justice Discussion Meeting: 6:15	3 Happy Bookers Lunch: 11:30, Nature Center;	4 Philosophy at 4:00 Singing Practice 6:00	5 Program Committee: 4:30	6 Book Club: 10:00, led by Isabel Soto-luna
7 Socrates Café: 9:00 Service: 10:30 Shawn Collins "My Religious Conversion" Service Leader: Michele Barnes	8	9 Board of Directors: 6:15	10 Member Support Committee: 4:00	11 Philosophy at 4:00 Singing Practice 6:00	12 Fellowship Breakfast: 9:00, The Daily Grind	13
14 Socrates Café: 9:00 Service: 10:30: Dorie Silverman: "What Money Won't Buy" Service Leader: Midge Birgers Noon: Social Justice Movie— <i>OMG GMO</i>	15	16	17 Happy Bookers Discussion: 4:00-5:30 Pueblo Pagans: 6:00	18 Philosophy at 4:00 Singing Practice 6:00	19	20
21 Socrates Café: 9:00 Service: 10:30 Michelle Barnes: "Mabon: Balancing the Wheel at the Autumn Equinox" Service Leader: Dorie Silverman	22	23	24	25 Philosophy at 4:00 Singing Practice 6:00	26	27 Movie & Pot Luck Night: 5:00 Movie: <i>Liv e-In Maid</i>
28 Socrates Café: 9:00 Service: 10:30 Rev. Pallas Stanford: "Telling the Truth, Face to Face" Service Leader: Janice Nelson Ice Cream Sunday	29	30				

First Unitarian Society
110 S. Lacrosse Avenue
Pueblo, Colorado 81001.4429

Our facility is handicap accessible.

About the First Unitarian Society

The First Unitarian Society (FUS) is affiliated with the Unitarian Universalist Association (UUA) and the Mountain/Desert District of the UUA. Our religious organization is non-creedal and encourages free inquiry and exploration of ideas. Members are not required to share the same beliefs; we come from a variety of backgrounds including lifelong UUs, humanists, Christians, Jews, Muslims, Buddhists, pagans, agnostics, atheists, and others. FUS welcomes gay, lesbian, bisexual, and transgendered persons.

For more information, see www.uupueblo.org and www.uua.org. If you would like to either subscribe or unsubscribe to this newsletter, contact pueblounitarian@earthlink.net.

Unitarian Universalist Principles and Purposes

We covenant to affirm and promote the Principles and Purposes of the Unitarian Universalist Association:

- ✚ The inherent worth and dignity of every person;
- ✚ Justice, equity and compassion in human relations;
- ✚ Acceptance of one another and encouragement to spiritual growth in our congregation;
- ✚ A free and responsible search for truth and meaning;
- ✚ The right of conscience and the use of the democratic process within our congregation and all society;
- ✚ The goal of world community with peace, liberty and justice for all;
- ✚ Respect for the interdependent web of all existence of which we are a part.