

Grow Your Soul & Serve the World

classes • forums • groups • service • events • calendar

2018 Spring Brochure

Updated April 2018



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2017-2018 Monthly Themes

Find monthly theme packets including readings and poetry at wbuuc.org/themes or at the Welcome Center in the Atrium. Sign up for a Theme Circle at wbuuc.org/classes.

The intention of the themed year is to help Unitarian Universalists build a robust spiritual and ethical vocabulary. The themes are not “topics,” but instead points of departure for religious liberals seeking to think, speak and act theologically, prophetically and prayerfully. The themes reclaim religious language, casting old terms in a new key to deepen spiritual grounding and sharpen moral reasoning. Each theme includes a practice which helps to provide a point of reflection and embodiment of the theme.

We engage these themes in Sunday worship, small groups and classes, religious education, committees and leadership, and personal spiritual practice.

September	TRUTH	The Practice of diving and divining
October	CELEBRATION	The Practice of naming
November	BALANCE	The Practice of grace
December	HOSPITALITY	The Practice of belonging
January	DISCIPLINE	The Practice of following your heart
February	DISRUPTION	The Practice of being fully present
March	SOULWORK	The Practice of centering
April	PROMISES	The Practice of creating the world
May	GRATITUDE	The Practice of reckoning
June	WONDER	The Practice of opening the windows

Theme Circles are gatherings of 6-8 adults meeting monthly in a facilitated conversation. Guided by a simple format and a packet of readings, poetry, and reflective questions, each circle is led by a trained facilitator in a practice of listening and sharing. Circles engage the largest questions of life—hope, simplicity, covenant, mortality, spirit, salvation, prayer, and more—in a Unitarian Universalist key. Find past theme packets at wbuuc.org/themes and watch for new fall postings.

Theme Circles 2017-18, beginning in October



3 rd Sundays	12:30 – 2:30
3 rd Mondays	10:00 – 12:00
3 rd Tuesdays	1:00 – 3:00
3 rd Wednesdays	6:30 – 8:30
3 rd Wednesdays	6:30 – 8:30 for parents (childcare available)

Sign up in the Atrium, or contact Shay MacKay at shay@wbuuc.org.

UU Wellspring - FOUNDATION

A Unitarian Universalist Spiritual Journey

Wellspring Goals

- A sense of wholeness and integration as we strive to understand our beliefs and align them with our actions
- An understanding of our Unitarian Universalist roots and how our beliefs connect with those who came before us
- A deeper connection to our inner selves, to those around us, and to a sense of the divine
- The ability to articulate our beliefs and to explore what those beliefs call us to do in the world

Components of the Journey

- Participation in a community of seekers
- Spiritual direction – self-reflection with a guide
- Daily spiritual practice
- Unitarian Universalist history and theology
- Acts of practical compassion – what our faith calls us to do in the world

Expectations

During this ten-month program, we hope participants will make every effort to:

- Attend small group sessions every other week and actively engage from both the head and the heart
- Commit to a daily spiritual practice and seek support if that becomes difficult
- Meet once a month with a spiritual director (spiritual companion, spiritual mentor) to facilitate your inner spiritual life
- Complete the readings and other assignments

Examples of Reading and Discussion Topics:

- | | |
|---|---------------------------|
| ❖ Spiritual Practice Options | ❖ Buddhism |
| ❖ Our Spiritual Histories | ❖ Humanism |
| ❖ Welcoming the Soul | ❖ Process Theology |
| ❖ Our European Roots | ❖ The Theology of Joy |
| ❖ Unitarian & Universalist Roots in America | ❖ Faith in Action |
| ❖ Transcendentalism | ❖ Articulating Our Belief |

Wellspring FAQ's

Who should participate in Wellspring?

Anyone who has been involved with a Unitarian Universalist church for a while, is committed to learning more about Unitarian Universalism, and wants to find a deeper spiritual life within their UU church.

How much time is required for Wellspring?

Wellspring is a commitment to a spiritual journey and requires time—more than a monthly Sharing Circle meeting but less than an academic course in divinity school. The program begins with a day-long retreat in September and continues through May with 2-hour meetings scheduled two or three times a month. In addition, plan on time for daily spiritual practice, a monthly meeting with a spiritual director, and time for reading the assignments and reflecting on them.

How is this program different from a Sharing Circle?

While both groups consider spiritual matters in small groups, Wellspring is different because of the time required and the commitment to a daily spiritual practice. It focuses on understanding the roots of our faith and the transformations in Unitarian Universalist thought, as well as our own beliefs. The readings cover a multitude of topics including history, transcendentalism, process theology, humanism, and the crises of life. We are asked to think about how our faith sustains us and what it calls us to do in the world.

Wellspring will meet on at WBUUC on the following Sundays from 12:30pm-2:30pm:

October 1, 2017	February 18, 2018
October 15, 2017	March 4, 2018
October 29, 2017	March 18, 2018
November 12, 2017	April 8, 2018
December 3, 2017	April 22, 2018
December 17, 2017	May 6, 2018
January 7, 2018	May 20, 2018
January 21, 2018	June 3, 2018
February 4, 2018	

For more information, contact:

Joan McIntosh at joan@joanmcintosh.com or Joshua Seaver at joshuaseaver@gmail.com.



Welcome Table Wednesday

Every Wednesday | 5:30 Dinner | 6:30-7:30 Forum

Donation requested to cover costs, but all are welcome regardless of ability to pay.

Childcare and Programming Provided Each Wednesday

For Babies and Toddlers: Nursery Care provided by our loving staff from 6:15pm to 7:45pm.

For School-age Children: Homework Soulwork: Spiritual practice, homework help, and crafts from 6:30 to 7:30pm. For more information contact dre@wbuuc.org.

For Teens: Grow and serve with PeaceJam, YAC, social justice trips, and other opportunities. For more information contact youth@wbuuc.org.

Upcoming Wednesday Night Forums

Apr. 25 **Earth Day Film: *Hometown Habitat***

Join us for a film viewing and discussion of *Hometown Habitat: Stories of Bringing Nature Home* (2016). *Hometown Habitat* is a documentary focused on showing how and why native plants are critical to the survival and vitality of local ecosystems. It features renowned entomologist Dr. Douglas Tallamy, whose research, books and lectures on the use of non-native plants in landscaping, sound the alarm about habitat and species loss.

May 2 **Boston Bound**

Join us as WBUUC youth give a presentation on their recent Boston Bound pilgrimage. Come see pictures, hear stories, and learn how youth connected to their faith.

May 9 **Global Climate Change Committee: Electric Car Panel (6:30-8:00pm)**

Are you curious about electric vehicles? Meet in the Wheatley Room for a short presentation about the advantages of climate-friendly EVs. Afterward, move to the parking lot for hands-on learning from owners about a Prius Prime, a Tesla model X and model S, and a Nissan Leaf. Kick the tires, sit in the driver's seat and ask questions. How soon will WBUUC need an EV charging station?

May 16 **White Bear Area Emergency Food Shelf**

The White Bear Area Emergency Food Shelf has served the White Bear community since 1977. In 2016, the organization provided 461,942 meals to 3,420 individuals, 57% of whom were children. On any given month, over 590 families visit the food shelf for food and support. Employees and volunteers connect neighbors in need with community resources in addition to providing a monthly market. Ross Safford will provide information about the organization and offer ways to participate.

May 23 **Social Action Committee – Solid Ground**

Through safe, affordable housing and innovative programming, Solid Ground helps families break the cycle of homelessness. Solid Ground currently runs five programs in suburban Ramsey and Washington Counties housing nearly 400 people. Learn more about these programs and how to get involved.

May 30 **Spiritual Practices for the Summer**

Join Reverend Shay MacKay and members of the Lifespan Spiritual Development Team to find out more about how to explore your spiritual side during the relaxing summer schedule.

Classes

Sign up for classes & groups at wbuuc.org/classes or at the “Grow Your Soul” table.
Childcare and programming available every Wednesday night, and Sunday afternoons upon request.

1. **Theme Circles** ...see page 2

2. **Wellspring** ...see page 3

3. **New Member Classes | 2nd Sundays* | 12:30-2:30pm**

A two-session class, Session I explores our church’s history and mission and Unitarian Universalism, and Session II focuses on the meaning of membership and getting engaged in the church, with a book signing ritual. After participating in Session I, you can take Session II at any time. A light lunch and childcare are provided! * The May class is held on the first Sunday of the month.

February 11 – Session I

March 11 – Session II

April 8 – Session I

May 6 —Session II *Canceled*

June 3 – Membership

Recognition Ceremony
(*at the Annual Meeting*)

Contact: Shay MacKay (shay@wbuuc.org)

4. **Mother Loss Retreat | Sunday, May 6 | 1-4pm**

It’s often in the loss of someone that we begin to take in the full measure of the love and meaning we have for that person. For so many people, the death of their mother is a launch into this poignant task. For each of us, it is its own journey grounded in our own story and life narrative—our stories begin with our mother.

This retreat is intended to acknowledge the imprint of our mothers in our lives and to honor the grief and healing that follows in the loss of a mother. Using poetry and prose, information and dialogue, our hope is that together we create an experience of comfort, strength, support, and gratitude in sharing this common, yet extraordinary, life experience.

We invite you to come and share our time and reflections together and to bring a picture of your mother.

Facilitators: Jo Ford, MSE | Many years a therapist known for her work with people experiencing grief, Jo brings an authentic and caring voice to grief and healing through her own poetry and the words of others. Now retired, Jo is a hospice volunteer and a member of the WBUUC Pastoral Care team.

Sheryl Niebuhr, PhD, LP | One of the early builders of grief support efforts in MN, Sheryl brings career-long experience of being with people through their most challenging losses and transitions. Semi-retired, she currently serves as a member of the WBUUC Pastoral Care team and teaches leadership to current and emerging organizational leaders.

5. **RESCHEDULED! Gender 101: Fostering Justice, Equity, and Compassion for All Genders Afternoon Workshop | Sunday, May 20 | 12:30-2:30pm**

With trans people experiencing unprecedented momentum as well as dangerous backlash in their fight for safety, visibility, and acceptance, making our communities truly accessible and welcoming to people of all genders is more important than ever. In this lively and informative workshop, we’ll start with the basics and cover vital knowledge for understanding gender diversity along with “dos and don’ts” you can start practicing today to help build a safe, equitable world for people of all genders.

Facilitators: Catherine Charles Hammond is a Minneapolis-based writer, musician, and performer whose work exploring queer identity has been featured most recently in 20% Theatre Company's *The Naked I*, Fox Egg Gallery's *OUTspoken*, and Intermedia Arts' *Queer Voices* reading series. They have led "Gender 101" workshops for several local UU congregations and have also provided staff trainings, consultation, and lectures as LGBTQ Community Liaison at the Children's Theatre Company in Minneapolis. Having attended WBUUC as a child and young adult, they are excited to return and present this workshop alongside their mother, Rev. Karen Hering.

Rev. Karen Hering is consulting literary minister, rooted at Unity Church-Unitarian, St. Paul, and author of *Writing to Wake the Soul: Opening the Sacred Conversation Within*. She was ordained by WBUUC in 2009 and now leads retreats and programs near and far. For more information visit: www.karenhering.com. Karen is also the proud mother of Catherine Charles Hammond, who will be co-teaching the workshop.

In the Fall

1. Transgender Inclusion in Congregations

Our congregation's deep desire and sustained effort to become a truly welcoming, truly inclusive, truly safe and strong beloved community never, ever ends. Always, we are learning to open the door wider, to lower the threshold of belonging, and honor the core values of our faith. Always, we are learning to understand and honor one another. From more deliberate articulation of preferred pronouns to our efforts to make restrooms and other spaces safer and more accessible, we are learning and growing together.

You're invited to broaden your own understanding of gender diversity and transgender identity through an online class offered by the Unitarian Universalist Association. This course is for everyone: from novices to trans identity to those with decades of life experience. Rather than offering a "trans 101," this class will invite participants to imagine true congregational welcome, deepen relationships, and ask questions in a safe environment.

The course will:

- ground participants in faith and the idea of "welcome" as a spiritual practice
- explore our history and personal experience around gender-based oppression in faith communities and elsewhere in our lives
- unpack the gender binary and introduce an expansive model for understanding gender
- discuss the experiences of trans people, as well as trans spirituality
- address the root causes of trans exclusion in congregations
- give participants the tools and next steps they need to create trans-affirming culture shift in their own congregation or other faith group

2. Living with Grief

The most universal human experience we share is the death of a loved one. We will explore the often bewildering process of grief with readings, poetry, and sharing the personal experience of loss. Our hope is that "a grief shared will be a grief diminished." Even if you've been part of this group in the past, we welcome you to come again, as your journey of healing continues. Facilitators: Jo Ford, MSE and Sheryl Niebuhr, PhD.

Ongoing Small Groups

Care for the Caregivers | 2nd Tuesdays | 10:00am-11:30pm | This support group for caregivers will provide an opportunity to learn from others who face the same challenges, and allow you to talk about your experiences, possibly giving you new approaches to caregiving. We will also offer information on resources and caregiver stress management tools. But most importantly, we hope to provide a space in which your weary spirit can find rest and support. The group will be facilitated by Rev. Shay MacKay, Interim Assistant Minister. **Contact:** Rev. Shay MacKay (shay@wbuuc.org, 651-426-2369 x. 103)

Men's Group | 1st & 3rd Tuesdays at 12:30pm | 2nd & 4th Tuesdays at 7:00pm | A group to make connections, deepen friendships and build community, through sharing, learning and support. **Contact:** Steve Kahn (stevekahn@comcast.net)

Parents Group | 2nd Wednesdays | 5:30 Dinner, 6:15-7:30 Circle | A circle of parents of young children and youth to explore spirituality and parenting. **Contact:** Amy Peterson Derrick (dre@wbuuc.org)

Third Thursdays for 60+ | 3rd Thursdays | 11:00am-1:00pm | A group for those 60+, including a delicious lunch, discussion and occasional speakers, led by our ministers. This is a wonderful way to connect with others! **Contact:** Shay MacKay (shay@wbuuc.org)

Second Monday Discussion Group | 2nd Mondays | 12:00-2:00pm | An open book group reading various books throughout the year. Readings regularly provided. **Contact:** Anita Braunstein (anitabraunstein@gmail.com)

Shamanic Drumming | 3rd Tuesdays | 7:00pm | A group participating in the ancient practice of shamanic drumming for meditation and spiritual exploration. **Contact:** Nancy Hauer (nancy@rookhouse.org)

Sunday Sitting Meditation | Every Sunday | 10:15am | A small meditation group, open to everyone, between services in the Quiet Room in the back of the Sanctuary. Drop in anytime. **Contact:** Julie Vinar (julie.vinar@gmail.com)

Women's Book Group | 2nd Mondays | 7-9pm | A group reading a variety of books written by women, chosen by the group, focusing on books which are affordable or at a library. **Contact:** Dana Jackson (danaleep@q.com)

WomenSpirit Circle | 2nd Tuesdays | 7-9pm | A group supporting women in exploring their spiritual origins, experiences and beliefs in community. Meetings open to all women of WBUUC. **Contact:** Carol Marsyla (carol.marsyla@gmail.com, 651.253.4200)

Unitarian Universalist Voices | 4th Wednesdays | 7:30-9pm | An open group to discuss various voices from our UU heritage, with readings regularly provided. **Contact:** Victor Urbanowicz (vurbanowicz@yahoo.com@gmail.com)

Young Adult "After Hours" | 4th Wednesdays | 8:00-9:30pm | Off-site | A monthly circle of young adults for check-in and conversation around the monthly theme. We meet at a local pub. Find "WBUUC After Hours" on Facebook. **Contact:** Amy Peterson Derrick (dre@wbuuc.org)

Opportunities for Service

Sign up for service opportunities at wbuuc.org/service.

Cookie Bakers & Dough Makers | 1st Saturdays, 9:00am-12:00pm

Join a crew of bakers to make cookies for social hour after services. Bring dough that we can bake and join in the fun! Children over 8 and youth are always welcome. If you cannot come on Saturday morning, we welcome cookie dough to be dropped off Wednesday, Thursday or Saturday morning. **Contact:** Roger Upham (rupham@comcast.net)

Front Office Volunteers | Weekdays

Support the church by offering hospitality in the office, including answering phones and assisting various program projects, with direction from staff. **Contact:** Doris Petrie or Laura Stone-Jeraj (volunteer@wbuuc.org, 651.426.2369)

Potluck & Reception Assistants | Various Dates

Help with set-up and clean-up for various church potlucks (often following a special service such as the Blessing of the Animals, Winter Solstice, etc.). Signing up will place you on an “on-call” list to help as you are able for special events. **Contact:** Shay MacKay (shay@wbuuc.org, 651.426.2369)

Preparing Lunch for 3rd Thursday 60+ Group | Monthly, ongoing

Help provide lunch for the Third Thursday 60+ group that meets monthly. This includes preparing a meal and setting tables for approximately 25-40 people. Funds are provided by the church for food costs.

Contact: Victoria Safford (vsafford@wbuuc.org or 651.426.2369)

Providing Meals for People Incorporated | Monthly, ongoing

A group meeting on 2nd Mondays at 10:00am to prepare and then serve a hot meal to a program through People Incorporated called “Project Homeless” serving people experiencing homelessness, many of whom have mental illness. **Contact:** Kate O'Reilly (sailingg2016@comcast.net)

Religious Education Volunteer

Join this year's team of volunteers as we work to help our budding UUs on their amazing spiritual journey. Learn and grow alongside our children as you serve; training is provided for lead teachers and assistants. Signed Ethics and Screening Forms required and active involvement at WBUUC for at least 6 months.

Contact: Amy Peterson Derrick (dre@wbuuc.org or 651.426.2369)

Shuttle Drivers | Various Dates

Help provide a shuttle from the Education Building (corner of Maple and 244) to the church on Sundays First service shuttle driving runs 8:10 - 9:00 and then continues from 10:15 - 10:45. Second service driving runs 10:30 - 11:00 and then continues from 12:15 - 12:45. **Contact:** John Bauhs (bauh0002@umn.edu)

Sunday Morning Welcome Team | Once per month

A team of welcomers to help with many roles: hand out orders of service, usher in the sanctuary, help direct newcomers around the building, and welcome visitors at the welcome center.

Contact: Nan Cowin & Cindy Hanson (portlandwoods@comcast.net)

Wednesday Night Dinner Cook & Clean Team | Once per month

A monthly team hosting the Wednesday evening dinner. This may include set-up, food preparation, serving, and cleaning—there are many ways to help! Dinners are Wednesday evenings, mid-September through early June.

Contact: Roger Upham (rupham@comcast.net)

Special Services and Events Upcoming

Friday, April 27 5:00pm Pedal to DC: Book Tour/Save the Boundary Waters

Join explorers Amy and Dave Freeman as they bike 1,750 miles from Minnesota to Washington, DC. Hear the story behind their book, *A Year in the Wilderness*, and learn how you can help protect the Boundary Waters, our nation's most popular Wilderness area. For more information, go to: bit.ly/pedaltodc.

Saturday, May 5 9:00am Land Stewardship Spring Work Day

Please join the Land Stewardship committee for a morning of fun, work, food and fresh air as we undertake our annual spring cleaning effort. You can choose to work indoors or out, doing yard work, pruning, planting, mulching, building repair/maintenance and more. Families are welcome. Lunch will be provided by Men's Programs. Rain date: Saturday, May 12. Direct questions to Jerry Condon at gerald.condon@gmail.com.

Saturday, May 5 5:30pm Potluck for Sara Goodman

Please come out to welcome our new Assistant Minister, the Rev. Sara Goodman, and her family at a potluck supper. Let's show them what a real Minnesota welcome can look like!

Sunday, May 6, 13, and 20 Dining for Dollars Bidding

Dining for Dollars is a fundraiser for WBUUC where members host dinners, parties and other entertainments, and the church auctions off seats at the table. Bidding is between and after services on May 6th, 13th and 20th. We need events! Contact Mark King for details (marktking@mac.com).

~~Sunday, May 6 12:30pm Membership II (see p. 6) Canceled~~

Sunday, May 6 1:00pm **Mother Loss Retreat** (see p. 6)

Sunday, May 20 12:30pm **Gender 101: Fostering Justice, Equity, and Compassion for All Genders** (see p. 6)

Sunday, May 20 2:00pm Reception for Jill Schwendeman

This coming June, with sadness and deep gratitude, we will bid farewell to Director of Youth Programs Jill Schwendeman, who through her 15-year tenure has shaped a vibrant community of teen youth and their families. Join us as we celebrate Jill and wish her well.

Sunday, May 20 4:00pm Snowbird Dinner

If you've been away for part or all of the l-o-n-g winter, join your Board and Lead Minister for a Snowbird Reunion here at church. We'll share a potluck dinner and bring you up to date on all that's been happening here at WBUUC while you were away. Feel free to bring a flash drive with a few photos from your travels, including pics of other UU congregations you have visited! Note: No parkas, snowshoes, mukluks, or mittens allowed.

Sunday, June 3 9:00am Closing Sunday: Flower Communion followed by the Annual Meeting

One service only at 9am. Bring a stem from your garden, from the roadside, or from a store to add to our common bouquet. Annual Meeting immediately afterward in the Sanctuary. Hear the highlights of the year; honor the commitment of dedicated lay leaders with your presence and the power of your vote; own the vision and mission of our congregation by affirming the budget and the program it empowers.

Thursday, June 7 7:30pm JN: Patty Peterson & the Jazz Women All Stars

This ensemble celebrates the great women of jazz in the Twin Cities. Award-winning vocalist Patty Peterson has organized a prestigious line-up that includes Lucia Newell & Ginger Commodore on vocals, Linda Peterson on piano/vocals, Joan Griffith on bass/guitar, Jendeen Forberg on drums, and Kathy Jensen on sax. Rescheduled from April 14, 2018. Tickets still available at wbuuc.eventbrite.com

Sunday, June 10 11:30am Make Your Bike Helmet a Honey Bee! Workshop

Kids of all ages are invited to stay after church for this family event. Bring your own helmet and we will help you fashion it into a honeybee. The following week you can join the ceremonial swarm at The Honeybeelujah! Show!

Saturday, June 16, 7:00pm The Honeybeelujah! Show! with the Reverend Billy and the Church of the Stop-Shopping Choir

Rev. Billy and his troupe are New York City based musicians and activists, winners of an OBIE and the subject of the 2007 Morgan Spurlock film *What Would Jesus Buy*. Half of their singing activists have been jailed, most recently during Occupy Wall Street. Reverend Billy will be in the Twin Cities in June with select members of his choir and band for three performances, including Saturday night at WBUUC! At The Honeybeelujah! Show! we will praise our pollinators and celebrate our cultivators with amazing music in this family-friendly performance. Do not miss this show! \$10 tickets go on sale soon at wbuuc.eventbrite.com.

June 20-24 General Assembly

General Assembly, the annual meeting of the Unitarian Universalist Association, is in Kansas City, MO, this year—close enough to drive. You will meet UUs from all over and be inspired by speakers and music. Registration opens March 1st with scholarships available during March. Let's send a delegation! Contact Jane Bacon for more information (JaneGBacon@msn.com).

Spring 2018 Congregational Calendar

For the most current information, visit wbuuc.org/calendar.

Sunday, April 22, 2018		Earth Day
Friday, April 27	5:00pm	Pedal to DC: Book Tour/Save the Boundary Waters
Saturday, May 5	9:00am	Land Stewardship Spring Work Day
Saturday, May 5	5:30pm	Potluck for Sara Goodman
Sunday, May 6		Dining for Dollars Bidding
Sunday, May 6	12:30pm	Membership II <i>Canceled</i>
Sunday, May 6	1:00pm	Mother Loss Retreat
Sunday, May 13		Dining for Dollars Bidding
Sunday, May 20		Dining for Dollars Bidding
Sunday, May 20	12:30pm	Gender 101
Sunday, May 20	2:00pm	Reception for Jill Schwendeman
Sunday, May 20	4:00pm	Snowbird Dinner
Sunday, June 3		Closing Sunday and Flower Communion
Sunday, June 3	10:15am	Annual Meeting
Thursday, June 7	7:30pm	JN: Patty Peterson & the Jazz Women All Stars
Sunday, June 10		Make Your Bike Helmet a Honey Bee! Workshop
Saturday, June 16	7:00pm	The Beelalujah! Show with The Reverend Billy, et al.
Thursday, June 21		UUA General Assembly: Kansas City, MO