Deepen Your Spiritual Life!
by Lisa McDaniel-Hutchings, AFD Director

If you are looking for a way to deepen your spiritual life and make more meaningful connections with others at church…
If you want to move beyond surface conversations to talk about what really matters and to get in touch with your own inner wisdom…. If you are willing to listen deeply and share deeply and open yourself to the possibility of spiritual intimacy….you are in luck! It’s the time of year to join a Covenant Circle, our form of small group ministry at UUCT!

These groups meet for two-hour sessions once a month and are led by two trained co-facilitators. All groups follow the same format and cover the same topics, so you can sign up for any time that is convenient for you—we have evening, daytime, and Sunday groups. Formal sign-up begins Sunday, and is on-going after that as long as space is available. Newcomers and snowbirds are welcome! Covenant Circles are a good way to get to know people at church and make connections. In order to build this kind of spiritual intimacy, we ask that participants make attending their Covenant Circle a priority and commit to attending unless illness or work requirements prevent it.

Covenant Circles meet October through May (some of our snowbirds come later and leave earlier) for deep listening and deep sharing, creating bonds of religious community necessary in a larger church like ours. Then in late May or June all the Circles meet together for a potluck to plan service projects. It’s our way of giving back to the community we love. Last year’s Circles committed to preparing and serving three Sundays Together lunches, developing feedback circles for town hall meetings, and supporting a building and grounds clean-up day.

COME JOIN A COVENANT CIRCLE! Sign-up at the Adult Faith Development table by the quilt in Goddard Hall on Sundays, email Mike Greenbaum (AFD Assistant) at mike-greenbaum@qwestoffice.net, or phone the church office, 748-1551, weekdays. This is a fun and fulfilling way to live the third Unitarian Universalist Principle: We affirm and promote acceptance of one another and encouragement to spiritual growth in our congregations.
Our religious way of life is rooted in covenant. We share not a common belief, but a common loyalty. Our loyalty is not to dogma or creed, but to principles that affirm and promote the flourishing of life. The seven Unitarian Universalist principles reflect this common loyalty.

A covenant is an agreement entered into with full consent, forming a relationship of mutuality. In covenant, the well-being of “we” becomes as important as the well-being of “me”. Anyone who has entered into the covenant of marriage or a committed partnership knows this to be true.

Unitarian Universalism is a living, evolving faith, yet throughout our long history, the presence of covenant has been a constant. Stated eloquently by Unitarian minister Francis David of Transylvania during the late 1500’s; his idea that “we need not think alike to love alike,” still has the ring of truth today.

Alice Blair Wesley has lectured widely on the covenant of our free churches. She says that our early American forbears who established churches in New England, covenanted to “walk together – to live together or meet often . . . in the spirit of mutual love.” A form of that covenant established in the 1600’s is repeated in many of our UU congregations, every Sunday. Though the language has been modernized, and the form has been adapted into many variant versions, the common loyalty stated therein remains the same.

Love is the spirit of this church, and service its law.
This is our great covenant:
To dwell together in peace,
To seek the truth in love,
And to help one another.

The spirit of “we” is evident in this covenant. It is spoken at the beginning of Sunday services at a great many of our UU congregations, lifting up the fact that the covenant extends beyond the walls of our individual parishes, meeting houses, and sanctuaries. “We” includes all the member congregations of the Unitarian Universalist Association.

Here at the Unitarian Universalist Church of Tucson, we have been actively engaged in a new way of embodying this important part of our heritage. Covenant Circles have been meeting for the last two years, and we are gearing up to begin them again this church year. Last year I participated in the Circle comprised of Covenant Circle facilitators. I look forward to doing so again this year because it was a richly rewarding experience.

Many of you have questions about Covenant Circles. Lisa McDaniel-Hutchings and I have put together a list of frequently asked questions, the ones we have been hearing from you. We answered these questions as best we could, but really, the best way to understand what we are trying to accomplish in Covenant Circles is to become part of one.

There is great joy in being part of “we”, especially when we are bound together by a covenant of love, loyal to our common cause.

Yours in the spirit,
Diane

OOPS AND OH MY!!!!!

In an effort to reenergize the community grocery program I have found that a number of members who believe they are contributing a percentage of their grocery costs to UUCT may be mistaken. Facts to be aware of are:

1. A VIP, Club Card, etc. (little cards that hang off your key chain) ARE NOT what contributes to UUCT.
2. Only 1/5th of the members who may believe they are contributing thru the Safeway store are actually doing so. This is a considerable loss.

PRESENT SAFEWAY PARTICIPANTS need to renew your escrip now if you have not already done so. It’s easy:

1. Have your Saveway Club Card number available,
2. 2. Visit www.escrip.com,
3. 3. Click on "Yes Renew". If you have any questions or are in doubt please feel free to ask.
Here’s a really good reason to join either Family Singers or Desert Chorale. A research project on the health effects of choral singing was conducted in 2001. (See below for the source of the report.) They swabbed the mouths and analyzed the saliva of 32 members of the Pacific Chorale singers before and after two rehearsals and one performance of Beethoven’s master choral work “Missa Solemnis.” They found that levels of Immunoglobulin A, a protein used by the immune system to fight disease, increased 150% during the rehearsals and 240% during the performance. The improved immune response seems to be linked to the emotional fulfillment and euphoria the singers get from the experience of singing the music together. So singing is good for your health.

Source of report: “Singing in Choir Strikes Healthy Note,” reported in the Orange County Register, April 11, 2001. Authors of the study are Robert Beck and Thomas Cesario, University of California, Irvine. Study published in the journal “Music Perception.”

Come and Make Music!
by Agnes Paulsen, Minister of Music

Did you know that this year's Cabaret, "Jammin' 'round the Americas!," will feature three very special groups of guest artists? The Desert Sons have been a Southwestern favorite for almost twenty years, bringing to the acoustic Western world their unique blend and special harmonies. As they say, "With a sound as honest as a good horse and as bold as an Arizona sunset, The Desert Sons continue to exemplify the great western music tradition!"

Another local favorite, Sarava! has been delighting audiences for years by bringing the smooth, cool sounds of Brazilian bossa nova and samba right here to Tucson. Sarava! will "quickly transport you to a warm, sunny beach where all your cares will soon melt away!"

And finally, the classically-trained Trio Liebevoll, featuring musicians from the Tucson Symphony and University of Arizona, will let down their hair playing the tangos of the legendary Argentine bandleader Astor Piazzolla. Originally the music of brothels, tango is one of the hottest, most sultry styles of music you'll ever hear!

So, mark your calendars now for Saturday, Nov. 10, at 6:30PM. And, if you would like to help decorate the sanctuary or help work the box office for this event, please contact Barbara Sunderman at 886-1582 or Tom Clowes at 319-0165 or tclowes@gmail.com. See you there!
Upcoming Sunday Services

**Sunday, September 16**  “The Covenant of the Free Church”
People sometimes ask how UUism can be a real religion if we don’t all hold the same beliefs. Religion is defined not by belief, but by covenant. The Latin root of the word religion means “to bind together”. It is our covenant that binds us together. We will look at the historic and modern covenants that form the fabric of our communal life as Unitarian Universalists.

Speaker: Rev. Diane Dowgiert
Music: Agnes Paulsen

**Sunday, September 23**  “Roots and Branches”
Many of our members are familiar with our 7 UU Principles, but how many of us know as much about the Sources of our Living Tradition? Join us as we explore the roots of our UU Covenant through story, song, sharing and reflection. Children, youth and adults are invited to worship together; preschoolers and kindergartners will exit from the worship to their Spirit Play class.

An Extended Family Worship with Rev. Diane, Rebecca Froom & Lisa McDaniel-Hutchings.
Music: Family Singers, Agnes Paulsen, Terry Polowy, Sylvia Hamilton, Blair Keyes

**Sunday, September 30**  “Saving Lives/Helping Families”
The Our Whole Lives (OWL) curricula series is now in its 6th year. This age and developmentally appropriate fact and faith-based sexuality curricula series is one of our curricula that we know saves lives. One of this year’s Action of Immediate Witness from General Assembly was the call for comprehensive sexuality education. This service will reflect on what OWL is about and how it can help families and communities.

Speaker: Kevin Drewery
Music: Desert Chorale, Agnes Paulsen, Brian Moon

**Sunday, October 7**  Worship Committee

**Sunday, October 14**  Association Sunday
On this day, we join with thousands of Unitarian Universalists across the nation celebrating our shared commitment on Association Sunday. In this service, we will strengthen the bonds of our common purpose and combine our resources to make Unitarian Universalism a stronger voice for liberal religious values in our country. We are better together.

Speaker: Rev. Diane Dowgiert

**Sunday, October 21**  Good Grief
That old familiar refrain from the beloved Peanuts cartoon may be instructive. Grieving is good for the soul. When we do our work well in religious community, we open the way for healing even our deepest losses.

Speaker: Rev. Diane Dowgiert

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Iskash*taa Report
by Michael Greenbaum, Assistant AFD

Those who attended the August 12 films about African refugees heard about the many exciting things going on in Tucson where we have a community of nearly 800 refugees from Africa. Barbara Eiswerth, director of the Iskash*taa Refugee Harvesting Network, answered questions and introduced us to a number of the refugees who came to watch the films with us.

Iskash*taa (pronounced in English as Ish-ka-SHEE-ta) means "working cooperatively together." It's a local Tucson organization, begun in 2003 that works with many refugees in Tucson, including those from the Sudan, Somalia, Liberia, Burundi, Afghanistan, and Russia and helps them use their native knowledge and skills from Africa to earn money and to better integrate them into the larger Tucson community.

One Iskash*taa program harvests nutritious fruits and vegetables from neighborhood trees and local farms, including lemons, grapefruit, plums, oranges, figs, and pomegranates and then redistribute these to the refugee families and to other organizations which help families in need. **UUCT members who are interested in helping reduce food waste and donating fruits and vegetables from their own trees and gardens can find out more about the project at [http://www.fruitmappers.org](http://www.fruitmappers.org) or can call Barbara Eiswerth at 440-0100.**
The next Saturday Salon will be held at 6 pm on October 13. It will be hosted by Mary and Lyman Grover at the Clubhouse of Park West Mobile Home Estates at 3003 West Broadway Road, Tucson 85745. Directions to the Estates are shown on the map below. There is a serious staircase in front of the clubhouse and for those handicapped it is suggested you drive to the back where there are a few parking spaces so that you can have direct access to the clubhouse.

The program “Seniors Learning Computers” will be presented by Ken Phillips and other members of Senior Net.

Food Assignments:

- A-G : Hors d’Oeuvres
- H-N: Salads or Vegetable Dishes
- O-T: Main Dishes
- U-Z: Desserts

Also, don’t forget: BYOB

QUESTIONS AND RSVP: Call Barbara Tegethoff at 749-2029.
FAQs—Frequently Asked Questions about Covenant Circles

Question: Will I be told what to think or believe in a Covenant Circle?
Answer: No. Each Covenant Circle meeting centers on a topic. Questions are posed and participants are given the opportunity to reflect on their own responses. Everyone is then invited to share. Often people are surprised at the depth of their own sharing, surprised at their own insights and well-springs of wisdom. Each participant learns from the responses of others, deepening their own understanding of the topic.

Question: Why can’t we have the questions for each session ahead of time so that we can prepare our responses?
Answer: Covenant Circles are not about homework, research, or polished answers. The goal of Covenant Circles is to create a safe space where people can use their intuition rather than their brains to share what is most authentic for them in the moment. This safety, along with the deep listening provided by the other participants, allows respondents to be open, honest, and maybe even vulnerable enough to speak from their hearts about what matters most to them. This is not a response one can prepare ahead of time.

Question: Why can’t we just have a free-flowing discussion on the topic?
Answer: The sharing in Covenant Circles is done in a structured way. The structure allows participants to actually listen to what someone else is saying without being distracted by thinking of one’s own judgmental response. It is deeply affirming to be listened to without judgment. The combination of these two conditions makes for an environment that fosters understanding, tolerance, and appreciation.

Question: Why do the Covenant Circles disband each spring and re-form in the fall?
Answer: This question is heard most often in Covenant Circles during the spring when groups have developed spiritual intimacy and are well bonded—the group members really like each other and wish they could stay together. The happy answer to this question is that when we consider how close we’ve gotten to each other, how connected we are after a year of meeting in a Covenant Circle, our relationships do not have to end. We can continue to see each other at church and beyond as we choose. AND, next year we have the opportunity to build this kind of wonderful relationship with nine more people in our church. The goals of Covenant Circles include creating bonds of religious community in a program-size church like ours and acclimating and welcoming newcomers into our community. Ask people who’ve participated in a Covenant Circle—it works! As our small group ministry program grows over time we can build a strong web of relationships throughout our congregation that keeps people connected.

Joys & Sorrows

Joan DiGiovanni received a painting workshop scholarship.

Barbara Tegethoff’s husband, Al is recuperating at home from sleep apnea surgery.

Gordon McCormick is remaining in New York, NY and will be undergoing a stem cell transplant on October 1 in hospital. Cards may be sent to: 845 West End Ave., 2D, New York, NY 10025.

Dawn Leonard recuperating well from knee replacement recently.
October in Religious Education
by Rebecca Froom, Director of Religious Education

Friday October 5
Parents enjoy First Friday Parent’s Night Out from 6:00-10:00 pm while children have a great time with their friends in Emerson. Contact Kathleen Hogue, Childcare Supervisor, at 312-0441 for details or to reserve a space for your child.

Sunday October 7
Children in preschool thru 7th grade meet at 10:15 to go on a field trip to a local cemetery for their Lessons of Loss Project Day. Parents, please pick up permission slips the preceding week. The trip will conclude at approximately 12:30.

Wednesday October 10
The October RE Council meeting will be held at 6:30 pm in Emerson. Anyone interested in joining the Council or learning more about it is welcome to attend. Contact Peggy Smith, RE Council Chair for details.

Saturday October 13
There will be a Coming of Age Mentor Training for all CoA Mentors. Time and location TBA. Contact Rebecca for more information or if you are interested in being a mentor.

Sunday October 14
Children and youth in nursery thru high school participate in an RE Safety Sunday including a fire drill and safety workshops on topics such as desert safety and stranger danger.

October 18-24
Our DRE, Rebecca Froom, will take a week of study leave.

Sunday October 28
Children, youth and adults worship together for an Extended Family Worship exploring themes of loss. Children in preschool and kindergarten will exit to Spirit Play part of the way thru the service, and the nursery will be open in Barnum room for our youngest children who may need a rest or play setting. Participate in our annual Wear Your Costume Donate Your Clothes clothing drive for Border-Links. Donations of gently used clothing will be accepted in Goddard Hall.

Our Whole Lives, Grades 10-12
Our church will be offering the Our Whole Lives comprehensive sexuality education program for youth in grades 10-12 beginning in mid-October. Our facilitator team consisting of Barbara Kremer, Amada Kopplin, Constance Richardson and Frank Valdes is currently meeting to map out the exact schedule for this OWL offering. Please contact our OWL Coordinator, Heather Reed, at Heather1Reed@gmail.com for more information or to register your youth.

R.E. Wish List
Our congregation is fortunate to have a large and growing Religious Education Program. Our RE Program is in need of a few items to help us create safe and sacred spaces in which our children can develop and articulate their Unitarian Universalist faith. We are currently seeking:
- Throw pillows, bean bag chairs, carpet squares, 1 bookshelf, small chalice tables, Altar / chalice clothes, trays, baskets

If you are interested in donating any of these items please contact Kathleen Hogue, DRE Assistant at Kathleen-hogue@qwestoffice.net or Rebecca Froom, DRE at Rebecca-froom@qwestoffice.net
First Friday

First Friday Parents Night Out is scheduled for the first Friday evening of the month. The next one is scheduled for Friday, October 5, 2007. It is held in the Awareness room from 6pm until 10pm and provided for a nominal fee. If you would like to reserve a space for your child, you must RSVP to Kathleen Hogue, 312-0441, by Thursday, October 4.

Book Store on Sunday

We invite you to shop at the church bookstore on Sunday. Recommended books in stock include: Home Ecology, The Essex Conversations, Radical Hospitality, Everyday Spiritual Practice, and When Youth Lead. We also have chalice necklaces, UUCT coffee mugs, lanyards to hang your nametag from, and UU bumper stickers. Treat yourself and support your church at the same time.

Parking Lot Bulletin

Beginning in October, our first time guests will have access to reserved parking spaces. Chuck Gould has made visitor signs that will cover the staff members reserved parking signs and staff members will park behind Goddard Hall. Please honor our newest guests by allowing them to use these spaces on Sundays. Thanks!

Hospitality Reminders

You may have noticed the two round tables as you walk into Goddard Hall after service on Sundays. These tables are reserved for guests and people that would like to welcome them. We ask that if you do sit there that you invite a guest to join you (they would be the ones with the purple ribbons that say ‘Guest’ on them). Please take this opportunity to engage and welcome potential members to our community.

Also, we will be closing the door between the church office and the foyer between 10:15-10:30 on Sundays. This is for two reasons: 1.) Space is limited in the foyer and when people going in and out of this door during that very busy time, it makes it difficult for our guests to fill out nametags or get information from the welcoming table. 2.) Reverend Diane, the Membership Committee and I, would like to encourage you to think of this time as a Sabbath. Take this opportunity to honor one another and ourselves by not doing church business during these 15 minutes. We all deserve a break!

Newcomer Orientation

Our next Newcomer Orientation will be held on Sunday afternoon, October 7, 3:00 p.m. If you would like more information about the church or are interested in joining, this is for you. Let me know if you will be interested in attending: call me at 748-1551, ext. 16 or email me at macbrude@cox.net. Child care and dinner will be provided.

Joining Ceremony

Our next Joining Ceremony will be held during the morning worship service on Sunday, November 4. If you would like to join the church family, please let Mary know.

HOW YOU CAN HELP!

(Reminders)

Talk to someone you don’t know on Sunday

Bring in a bag of ice to donate to Sunday’s Coffee Hour.

Become a Sunday morning Greeter

(see Chuck Gould)

Join Friends in Deed

We can do this if we do it together!

Yours in community spirit,

Mary
Look for our new COM badges
You can now identify members of the Committee on Ministry (COM) more easily on Sunday mornings by our new name badges, marked with our name and “Committee on Ministry. Feel free to stop and chat with us about UUCT. One aspect of our purpose is to monitor the pulse of the congregation.

New comment form
The COM recently published a Confidential Comment form for congregants who would like to submit a concern, compliment, or general observation. You can pick up this new form in the foyer or office, and at the Member table in Goddard on Sunday mornings. Your completed and signed form can be given to a COM member (look for our badges!) or placed in the Committee on Ministry mailbox in the office. Comments will be discussed only with the COM and Rev. Diane Dowgiert. The COM strives to frame issues and concerns in a context that potentially yields a positive resolution.

Strategic Plan
The UUCT Strategic Plan for 2007-2009 includes a goal under the Programs section, “Our Sunday services provide for compelling and profound experiences and our sanctuary is filled to capacity on a regular basis”. The Board of Trustees has asked the COM to evaluate the benchmark for this goal. We will put together a plan and timeline for this evaluation. This plan will likely include working with the Worship Committee and Lifespan Program Council.

Leadership Day Held
On Saturday, September 8, the main “administrative” committees of UUCT—Board of Trustees, Finance Council, Committee on Ministry, Leadership Development Team, Lifespan Program Council Steering Committee and the Empowerment Team—met to discuss the Church’s Strategic Plan. We reviewed which benchmarks were met during the past year, and how our groups’ work plans will support the Strategic Plan in the coming year.

Another important item of discussion was volunteer recruitment and the urgent need for three additional members on the Finance Council. This would involve a two-year commitment in one of the most important areas of church work. While financial knowledge or expertise would be a plus, the Council is really looking for people willing to make a commitment to learning the job and a willingness to work. If you feel a call to take on this important ministry for our Church, please contact Michael Greenbaum, chair of the Finance Council or Chris Wallace, chair of the Nominating Committee.

The Nominating Committee itself is undergoing an important transformation from a two-month long job to find individuals to fill various elected and appointed positions within the Church organization, into a dedicated team involved in year-round leadership development. So you will hear them referred to as both the Nominating Committee or by their new name, Leadership Development Team. They also need two additional members on their team. Contact Chris for more information.

On Sunday, October 7, the entire congregation is invited to the Board’s first Town Hall meeting where reports and information from Leadership Day will be available to all. The Town Hall will start at 12:15 following lunch and is a great way to learn more about our Church’s organization and the important work that all of us in UUCT are called upon to do in order to keep the liberal light of our faith burning in the desert. I hope to see you there.

Carolyn Saunders, President, Board of Trustees
The homeless Hospitality group at UUCT is in need of an individual to plan meals and coordinate the recruitment of volunteers for six dates this winter. If you are interested, you will find an eager group of individuals at UUCT to help out. Our church is a favorite with our guests every year because of the quality meals we serve and the hospitality of UUCT members. If you think you might be interested, please contact Mark Henson 670-9260 and he will put you in touch with the Homeless Coalition and the team at UUCT.

Fund Raising Opportunity

Here is a chance to raise about three hundred dollars for UUCT. This opportunity is available to a group or individual member to offer the Entertainment discount coupon books at coffee hour during the fall months. This has always been a popular campaign and requires minimal effort. Please contact Mark Henson 670-9260 and he will put you in contact with the helpful people at Entertainment Publications.