Do You Take A Sabbath?

Rev. Diane Dowgiert, Minister

Sabbath is a sanctuary in time, a day set aside from the work of our daily lives.

From the Hebrew, Shabbat, Sabbath literally translated means, “to cease.” In today’s fast-paced world, finding and keeping Sabbath is a task that competes with the many demands of life.

Our time is quickly filled with small tasks – one more meeting, one more email, one more phone call, one more volunteer commitment, one more social cause. Each is an expenditure of life energy, like spiritual calories being burned. Without replenishment, our spirits slowly become malnourished.

Traditionally, Sabbath is kept in community; a day for communal worship. Spiritual nourishment can be found in the words, music and rituals that connect us to the living stream of tradition. In religious community, we are assured that we are not alone, that we have companions on the journey. We delight in the friendships found here and nurture those connections.

True Sabbath is a time to cease working, to even stop doing church work. We deliberately do not schedule any extra activities until 12:15 on Sunday. This allows for people to be together in fun and relaxing ways. Children and adults play together on the patio after church and people engage in such deep conversation that they are often reluctant to leave. Coffee hour is when we need to be diligent about not filling the time with church work – organizing events – signing people up for committees – holding business meetings.

Your presence on Sunday morning is important. Not just for the nourishment of your own spirit, but for all who make this community together. Any given worship service may or may not speak to you personally, but your very presence may make a difference to someone else. When you are gone, your absence is felt.

Poet E.B. White recognized the dilemma we all face, of awaking each morning and not knowing whether to savor the world or save it.

The Sabbath is for savoring. Saving the world can wait for one day. In the waiting, hope is made brighter, possibilities even greater. With bodies and spirits rested and replenished, we become useful tools for the embodiment of the highest, most holy ideals of life.

As we head into the rush of the holiday season, remember to take time to rest, to nourish both body and spirit. Remember to find and keep Sabbath.

Yours in the spirit,
Diane
First Friday

First Friday Parents Night Out is scheduled for the first Friday evening of the month. The next one is scheduled for Friday, December 7, 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, December 6.

Parking Bulletin Reminder

Please honor our Sunday morning guests by not parking in the parking spaces marked ‘visitor’. The Quilters made these fabulous signs that cover the staff parking signs so that people visiting our church for the first time would have premium parking. Thanks!

Volunteers Needed to Deck the Halls!

Our annual ‘Hanging of the Greens’ is scheduled for the first Sunday in December after the Town Hall. However, it will not happen if several volunteers do not step forward. We have traditionally decorated the Holland Sanctuary and Goddard Hall with beautiful green swags, ribbons, wreaths and holiday trees. This takes about 3 hours with about 10 people. If you are interested in spearheading this event, please contact Mary Wiese ASAP for details: 748-1551.

Yours in Community, Mary

Meet Our Newest Members

Mary ‘Kay’ Carlson: Kay grew up in Omaha Nebraska and has a degree in art. She raised three children with her husband, Charles, and worked as a draftsman and a photographer. She and her husband retired in Oro Valley and she has become an artist again. Her husband passed away last April so she is finding comfort and new friendships here at UUCT.

Vicki Behm: Vicki moved to Tucson in 1982 from the Chicago area. She is an interior decorator and a home staging consultant. Vicki was introduced to Unitarian Universalism by her sister Lynn who has been a member of the Springfield Virginia UU Church for 30 years.

Alice Ageloff: Alice grew up in New York but raised her two sons in Wisconsin. She became familiar with Unitarian Universalism in the Mid-West. She is enjoying being part of a Covenant Circle and the Economic Justice Committee since she has become involved with UUCT. She is the proud Grandmother of a wonderful little girl.

Mykul Grey: Mykul was born in Gulfport Mississippi where he spent most of his childhood. He moved to Tucson in 1999 to attend massage school but decided to stay after graduation. Although he has explored many faiths, Unitarian Universalism is the first one he has felt comfortable with. He is looking forward to becoming actively involved in our church community.

Terence ‘Terry’ Nordahl: Terry was born on the Oregon Coast but spent over 25 years in Washington State where he worked at the State Insurance Commissioners Office. He is widowed and is a winter resident of Tucson with his Border Collie Sophie. Although Terry became acquainted with Unitarian Universalism recently, he is sure that he has found a home. He received a very warm welcome when he first visited and is looking forward to becoming engaged in an environment that respects all people.
About once a month, we are privileged to have Dave Prouty as our guest musician on a Sunday morning. His expert piano playing and rich, mellow voice add much to our worship experience. I’d like to share some background information about him.

He first came to Tucson in 1959 and graduated from Tucson High in 1966. He holds a B.A. from Williams College and an M.A. in Music Education from New York University. His professional career of 33 years includes Assistant Music Director for the Williamstown Summer Theater, 15 years as accompanist for Jacques D’Amboise’s National Dance Institute in New York, Music Director for a Broadway review presented in Thailand and directed by Arthur Faria (‘Ain’t Misbehavin’, Lena Horne on Broadway), and extensive freelance work in NYC. In Santa Fe, David was Music Director for the Santa Fe Music Hall, National Dance Institute of New Mexico, Santa Fe Performing Arts, Pandemonium Children’s Theatre, Rhythm & Moves, Inc. (co-founded with wife Sam), and Fine Arts Coordinator and music teacher for New Mexico Academy. David tells us he is happy to be back in Tucson and is currently tuning pianos (Tucson Tune), accompanying the Desert Readers, playing at numerous assisted living facilities, and performing at O’Shaughnessy’s, McMahon’s, and Canyon Ranch.

**Services Upcoming**

**Sunday, November 18**

*Giving Thanks: An Extended Family Worship*

What are you grateful for? Thanksgiving is a time when we stop to give thanks as a community. During this service we will take time to do it together.

Leaders: Rev. Diane Dowgiert, Lisa McDaniel-Hutchings, Rebecca Froom

Music: Family Singers

**Sunday, November 25**

*Living Our Beliefs*

With all the emphasis on our principles and purposes, let’s take a few minutes to see what it means to live our faith every day.

Leader: Ellen Germann-Melosh

**Sunday, December 2**

*An All Surrounding Grace*

The idea of grace is that some gifts in life are unearned, even undeserved. In this season of gifts, what might a theology of grace have to teach us?

Leader: Rev. Diane Dowgiert

**Sunday, December 9**

*UU Poets and Bill Keyes*

**Sunday, December 16**

Would You Like to Hold the Baby?

Our annual holiday pageant, written by UU Joyce Poley, explores some of the very human themes of love and family found in the Christmas story.

Children, youth, and adults from our congregation will help us tell this story through song and theater.

Leaders: Rebecca Froom, Rev. Diane Dowgiert

Music: Family Singers

**Friday, December 21—6:30 p.m.**

*Winter Solstice Service*

(see page 4 for more information)

**Sunday, December 23**

*The Way of Enough*

Deep within the faith of our Unitarian Universalist heritage is the idea that “you are enough.” Call it universal salvation in the way of our Universalist ancestors or call it the inherent worth and dignity of every person: we affirm an abundant goodness in life.

Leader: Rev. Diane Dowgiert

**Monday, December 24 at 5:30 p.m.**

*Christmas Eve Candlelight Service*

An Extended Family Worship time for everyone on Christmas Eve.

Leaders: Rev. Diane Dowgiert, Lisa McDaniel-Hutchings, Rebecca Froom

Music: Holiday Choir
Would YOU like to be in our Holiday Pageant?

This year’s holiday pageant, *Would You Like to Hold the Baby*, written by UU Joyce Poley, is still in need of children, youth and adults to help us tell the Christmas story on Sunday December 16. Parts range from barnyard animals, to Mary and Joseph, to the three Wise Ones and more. No theater experience is needed, and no speaking is required. Participants will meet for one rehearsal on Saturday December 15 (time TBA). If you or your child would be interested in being in our pageant please contact Kathleen Hogue, DRE Assistant, by November 20. You can reach Kathleen at 312-0441 or Kathleen-hogue@qwestoffice.net.

Preparing for the Winter Solstice

Even in southern Arizona where our afternoons stay warm and sunny, we can tell that winter is approaching. I find that the early reality of sunset often takes me by surprise, and morning wake-ups increasingly fall before dawn. Our days are growing shorter, and it can sometimes seem as though time itself is slipping away from us. Already we find ourselves beginning to hope and prepare for more light in our lives.

We know that in just five short weeks we will be greeted by the longest night of the year, the Winter Solstice, followed by a slow return of longer sunlight hours. This year’s congregational *Winter Solstice Service* will be held on Friday December 21 at 6:30 pm, beginning in Holland Sanctuary and concluding on the patio. As in recent years past the service will include song, story, and fireside ritual as we reflect on what aspects of our life we wish to bring into the returning light. The service will be open to folks of all ages and followed by a time of fellowship and holiday treats.

Right now the planning team for this service includes Lisa McDaniel-Hutchings, Mary Wiese and Rebecca Froom. *We ARE interested in greater congregational involvement* as we prepare for this celebration, including people to join our planning team, as well as storytellers, musicians, firetenders, and volunteers to help with set-up and clean-up. If earth based traditions are a part of your theology or spiritual life, or if you just really like the winter solstice, this is your opportunity to be more involved! Please contact me at Rebecca-froom@qwestoffice.net or 748-1551 x.15 for more information.
ARTIST OF THE MONTH GALLERY

Let the holiday season begin! Now we have the dazzling array of quilts from our own UU Quilters on our sanctuary walls. December will bring us art from the Pima Painting Club. Enjoy!

Abby Root,
for the Gallery Committee

GASLIGHT THEATER

The UU Church of Southeastern Arizona invites you to join fellow Southern Arizona UUs and their friends for a matinee performance of “The Lone Stranger” at Tucson’s Gaslight Theater, Sunday January 13, 3 PM.

Adults $20
Seniors (60 and over) $18
Students (over 12) $14
Kids $8

Solve your Christmas gift dilemma with tickets! Proceeds go to the PSWD Fire Relief Fund. Contact Reah Barrows (881-1252) and/or Deanna Bland (615-8160) or go to mandfar@gmail.com for reservations.

Join the Action!

Our grocery program is growing thanks to members and friends. There are, however, a number of you who could join us and make this endeavor even more rewarding. At no extra cost to you we offer a connection to AJs, Albertsons, Basha’s, Food City, Fry’s and/or Safeway which will give a rebate to UUCT on your purchases. This can add up and help out. The higher the volume, the higher the rebate percentage. Don’t forget Uncle Tim, Aunt Nellie and the kids either. Come and participate! See you in Goddard after the Sunday service.

Alliance

These are busy days for the Alliance: Nov. 8 we will provide snacks for Coffee Hour. Food donations are welcome from our members or anyone who wishes to help.

We are anticipating our most favorite event: Christmas potluck on Dec. 11 with the return of the amazing Sahuaro Singers (for the last 15 years) from Sahuaro High School. More details will appear in the next newsletter.

Marcia Schenck
Great news! We are growing and space has become an issue! This is very positive because it means that we are using our facilities ourselves and not having so many outside groups renting from us. This allows the church to be used for the purpose for which it was intended.

This creates a problem with not having enough space for all the groups who want to meet, especially on Sunday. One of the solutions is to choose to meet during the week. The RE Council did that recently. They noticed that space was an issue and moved their monthly meeting to a week night. Thanks, RE Council! That was most helpful! Perhaps more committees and groups will consider this option.

The Empowerment Team compiled a document to aid the office in assigning space:
(1) Programs of the church (committee/council meetings, activities, classes, and/or events) have priority over outside groups;
(2) Programs of the church that affect the ministry of UUCT as a whole (Board, Empowerment Team, etc.) have priority in finding appropriate meeting space;
(3) physical requirements of the space needed is taken into account when assigning rooms (such as an open, carpeted space needed for yoga class); and
(4) Groups that meet monthly may not necessarily have the same room for each meeting.

Any other considerations will need to be coordinated through the LifeSpan Program Council Steering Committee so that members and friends are able to participate fully in all the activities or events they are interested in.

The office knows how difficult it is to schedule events so please help us out by scheduling your events and activities as far in advance as is possible. Please know that when the event conflicts with another important church function the LifeSpan Program Council Steering Committee will be included in the discussion so that we are able to come to a mutually agreeable solution.

Let’s continue to grow and to keep the lines of communication open.

UUCT Homeless Hospitality
by John Stevens

Every winter for more than a dozen years, our church has helped the Salvation Army in hosting groups of homeless overnight on 6 bi-weekly occasions, providing dinner and breakfast as well as a safe, warm place for them to sleep. We are now asking you to consider helping again with this worthwhile effort. Needed are kitchen helpers for both morning and evening meals, set-up crews and clean-up crews. In addition, we seek a volunteer male to stay overnight. Beth Newhouse and Erin Deely have volunteered to plan and supervise each meal preparation. Experienced UUs from past winters are ready to assist anyone new to this fine opportunity to be of service. If interested, please call John Stevens (326-8064) for more information.
UU Principles—Under Construction
by Lisa McDaniel-Hutchings, Adult Faith Development Director

The UU Principles do NOT come from the Unitarian Universalist Association (UUA); they come from the member congregations and are approved at General Assembly by our delegates. We, as congregations, are responsible for their wording. When the Unitarians and the Universalists merged in 1961, the UUA bylaws included a version [see box] of the Principles. There were only six then. Since Unitarian Universalism is an evolving faith, we built into the bylaws a requirement to review the Principles every 15 years and revise them as needed.

The Six Principles (1961)
The original Principles of the Unitarian Universalist Association, as approved when the Unitarian and Universalist denominations consolidated in 1961.

In accordance with these corporate purposes, the members of the Unitarian Universalist Association, dedicated to the principles of a free faith, unite in seeking:

1. To strengthen one another in a free and disciplined search for truth as the foundation of our religious fellowship;
2. To cherish and spread the universal truths taught by the great prophets and teachers of humanity in every age and tradition, immemorially summarized in the Judeo-Christian heritage as love to God and love to man;
3. To affirm, defend and promote the supreme worth of every human personality, the dignity of man, and the use of the democratic method in human relationships;
4. To implement our vision of one world by striving for a world community founded on ideals of brotherhood, justice and peace;
5. To serve the needs of member churches and fellowships, to organize new churches and fellowships, and to extend and strengthen liberal religion;
6. To encourage cooperation with men of good will in every land.

Years later the review process was undertaken. The wording was adjusted to include both genders; items were rearranged, moved, and added. The 6 Principles became 7, and the Sources of the Living Tradition were added to put the Principles in context [see box below]. In 1985 that version of the 7 Principles and Sources was approved by the delegates (representing our congregations) at General Assembly.

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:
- The inherent worth and dignity of each and every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- 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.

THE LIVING TRADITION WE SHARE DRAWS FROM MANY SOURCES:
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 that create and uphold life; Words and deeds of prophetic women and men which challenge us to confront power 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.

The sixth source, “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,” was added in 1993. Now we are in the review process again! Some folks think the first principle should include all living things. Some folks think that the order of the Principles should be reversed, with the 7th one first and the 1st one last. What do you think? Join us at the Town Hall meeting December 2nd, so that our voice is heard!
Go Green!

A few Internet resources: "News You Can Use" is a daily compilation by the Alliance to Save Energy providing news clips from a variety of sources related to energy efficiency. They are classified as "Policy," "Education," "Editorial," "Transportation," "Regional," "Consumer Info," etc. Subscriptions are free from ase.org. Tour the food supply and find out lots more about eating green by clicking on www.cspinet.org/Eating Green/. Water may be our most precious resource -- and of special interest to us desert folks. Explore /www.foodandwaterwatch.org/water/ for action and information tips.

Take the Ecological Footprint Quiz: www.earthday.net/footprint/ english/more_foot_22.asp?country. It can be a guideline for changing our daily (and church) lives. Do we realize how we really live? Go to Catalog Choice.com to subscribe to Catalog Choice, a free service that allows you to decide what gets in your mailbox. It is sponsored by the Ecology Center and is endorsed by the National Wildlife Federation and the Natural Resources Defense Council.

Joyce Hardin

WANT MORE PEACE IN OUR WORLD?
JOIN THE PEACE GROUP!

Did you know that the Unitarian Universalist Church of Tucson now has formed a Peace Group? On Sunday, October 14, 2007 we had our inaugural meeting in the Servetus Room. Eleven people attended. They were Jim Leonard, Voncille Henry, Chuck and Dyan Duggins, Janet Moore, Ken Goellner, Peggy McConnell, Deanna and Bill Bland, John L. Feier and me.

At this first meeting, we went around the room and introduced ourselves and talked about peace and our interest and/or involvement with it. We also decided to have our future meetings on the third Sunday of each month at 12:15 PM. In addition, we decided that we would like to put on a Seminar and Film Series at the church and participate in the then upcoming October 27, 2007 Tucson Peace Action Coalition Protest of the Iraq War and carry the church banner (thereby "helping to get the word out" in our community about the church - as was mentioned in the church service itself) and encourage church members and participants to join in the protest too.

And indeed members and participants of the Unitarian Universalist Church of Tucson (UUCT) did march in that October 27, 2007 protest and the church banner was there too.

Those from the UUCT who participated in the protest were Janet Moore; Gene Sacha; Jeanne Shallman; John Feier; Gabrielle Burns and her daughter Jessica; Silke Hoffmann; Mark Henson; Margo Newhouse and her son, Don; Aston Bloom; and me. Also, Vince Pawlowski, from the Northwest Unitarian Universalist Church marched. A special note of thanks to Janet Moore for arranging to pick up and indeed did pick up and return the church banner and for carrying it for much of the march and also to Gabrielle Burns' daughter, Jessica, who also helped carry the banner.

The next official meeting of the Peace Group will be on Sunday, November 18, 2007 at 12:15 PM. Please come to the Peace Table in Goddard Auditorium after Sunday services and talk with us and plan to attend our next official meeting on November 18th at 12:15 PM. We'd love to have you involved in our peace group.

Stuart Thomas
Peace Group Leader
UNOFFICIAL SUMMARY OF the October 09th Board Meeting.

Note: This summary is provided to inform the congregation of Board discussion and actions. These are not the official, complete, or approved minutes. MSP = Motion made, seconded and passed.

The meeting was called to order at 7:00pm by Carolyn Saunders, on October 09th 2007. Opening by Rev. Diane Dowgiert. Reading by Buckminster Fuller.

MSP Minutes from the September 11th, 2007 Board Meeting were approved.

MSP Minutes from the September 15th, 2007 Pot Luck Gathering were approved.

MSP Minutes from the September 27th, 2007 Emergency Board Meeting were approved.

Empowerment Team (ET) report was presented by Rev. Diane Dowgiert
- Rev. Charles Gaines to consult on growth of our congregation.
- RE enrollment is higher than last year.
- Covenant circles have 54 people
- Newcomer orientation strong; 14 people last time.
- Carolyn Cooper is now Finance Chair which leaves an empty portfolio on ET.

Finance Report by Marya Wheeler (Treasurer).
- Pledges are $350 short of budget with 54 pledging units not having made payments.
- ET to run down concerns in the budget vs. actuals; treasurer has done this in the past.
- Plate income is good but room usage income is below budget.
- Deferred maintenance items are causing that line item to be out of skew. Buildings and grounds has done a review of needs.
- Salaries are out of skew and Diane is investigating this.
- Barbara Lundstrom has resigned as Financial Secretary. Diane has asked Jean to perform these duties until this position is filled.

Discussed - Strategic plan. Updated plan will be worked on this year and put before the congregation in spring 2008.

Discussion of Lyman’s report to the board on the Stewardship Campaign.

MSP: Motion to allocate $600 from the operating budget for the Stewardship Campaign.

Town Hall Meeting Follow-up by Marion Leonard
- Overwhelming response.
- Feedback – people really liked the process and want follow up to feedback. Discussion: Where the feedback should be sent for follow up.

Association Day October 14th: Carolyn Saunders Part of money to pay for advertising in Time Magazine.

Board members volunteered to make three minute personal statements on Vision – Mission. Diane will send reminder of dates.

Report from Gabrielle Burns on the Committee on Ministry (COM)
- Discussed changes to Finance Committee
- Will evaluate Strategic plan goal 1, Sunday Service compelling and fulfilling. Small group format for questions and responses in January.
- Providing Sunday lunch on 21st.
BOOK CLUB

The Book Club meets the 3rd Thursday, not Tuesday as stated in the last Tucsonitarian, of each month in Awareness at 7:00 PM. In January the Book Club will be choosing books for the next 6 months beginning in February. Those wishing to suggest a book need to have read the book, know the exact title including the subtitle if any, the spelling of the author’s first and last name, whether the book is available at the PCPL, the number of copies in the PCPL, whether the book is available in paperback, the number of pages and the number of holds. One is more apt to get accurate results if one checks online, however the personnel at the PCPL are gracious enough to answer even such questions as how many pages there are in their particular copies of the book. They even have a few books that are in large print. For more information one may contact Cheryl Mennel at 760-4915 or CandJ_Mennel@msn.com.


Dec. 20 Montana 1948 by Larry Watson. From the PCPL: “A series of events in a small western town changes the lives of David Hayden, his sheriff father, his mother, and their Sioux housekeeper, as they discover the truth about family loyalty.” The PCPL has 7 copies, none on hold with one lost and paid. Available in PB. Approx. 175 p.

MISSION STATEMENT

This sacred community is rooted in our search for meaning, guided by personal experience, diverse religious traditions, and scientific discovery. We are varied as the blooms in the Sonoran Desert, yet draw strength from one another. Envisioning a world where justice and compassion cross all borders, we pledge energy and resources to transform ourselves, our community, and the world around us.

UNITARIAN UNIVERSALIST CHURCH OF TUCSON
4831 E. 22 STREET
TUCSON, AZ 85711
PHONE: 520.748.1551
FAX: 520.748.0178
EMAIL: uu1@qwestoffice.net
WEB SITE: www.uuctucson.org

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