UU LARAMIE NEWS

Monthly Newsletter of the Unitarian Universalist Fellowship of Laramie

UUFL meets Sundays at 10:00 am at 1402 E. Gibbon. Any changes will be noted in the description below. Sunday service topics may change without notice at the discretion of the speaker or because of other circumstances. We regret any inconvenience this may cause. Religious Education classes for children 5-12 are held the second Sunday of the month at 10 a.m. Child care for all children is available every Sunday except for the summer.

Welcome Rev. Jacqueline Ziegler

As of August 15th, Rev. Jackie Ziegler is officially UUFL's minister! Please welcome Jackie to UUFL and Laramie! She has been living in Laramie since the first week of August. Rev. Jackie will be in the pulpit starting this month.

Sept 6th Coffee and Conversation with Catie Ballard

Sept 13th "Throwing Boxes Away, The Sankofa Bird and Off to See the Wizard" The Rev. Jacqueline Ziegler speaking. David Perry is the service's pianist. This service is simply about "change." I'll share how my presence and my work with you will bring changes not only for the Fellowship but for me as well. I'll lift up why I feel our future together abounds with wonderful new possibilities despite and because of the changes that will happen. I invite you to come and find out what my role and your role can be in helping create a future where the Unitarian Universalist Fellowship of Laramie will be known in the Laramie area as THE home of progressive liberal religion.

IMPORTANT MESSAGE: Our Children's Connection, a time when our children join us at the beginning of the service, will be offered during this service. For the 2015-2016 year the Children's Connection will generally be offered during the second Sunday of every month in sync with our Children's Religious Education program being offered too. For more information on our Children's Religious Education program please see the article on page 5.

Sept 20th "The Promises and Possibilities of Autumn" The Rev. Jacqueline Ziegler speaking. David Perry is the service's pianist. Autumn officially arrives on Wednesday, September 23. In the Laramie area I suspect that it is sweater time all day and night, though I could be wrong. I find that autumn lends to us the opportunity to ask, to reflect on the question "Who am I?" So in this reflection I'll lift up why this is so and offer some ways we can use this time of the year to answer that question and thus deepen our spirituality and/or help us commune with our souls.

Sept 27th "How do we know what we know?" The Rev. Jacqueline Ziegler speaking. David Perry is the pianist for this service. With this service I begin a six-part series called, "What Do You Believe?" It is a series that explores the most basic philosophical, spiritual and religious topics of all time.

In this service I'll consider a prickly but central question for Unitarian Universalists: "How do we know what we know?" That is, what are our sources of authority in deciding upon life's most important questions? How do we know what is good and right and true and beautiful? And how do we actualize this in our lives? This up-beat and very informative service is one to bring your friends and family members to.

RE: Children's Yoga "We Are All One"

September 2015



UU Fellowship of Laramie

1402 E Gibbon ST Laramie, WY 82072 Rev. Jacqueline Ziegler 303-905-0271 Tentative office hours 2nd and 3rd weeks of the month Tuesday and Thursday 1-3 pm

2015-2016 Board
Co-Chairs: David Perry
and Linda Meeker
Ken Chestek,
Laura Miller,
Nancy Lockwood
UU Laramie Newsletter
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Laramie UU website www.uularamie.org Facebook Page: Unitarian Universalist Fellowship of Laramie National UU website www.uua.org

Light's Out!
Please double check doors are locked, lights are out, coffee is unplugged and no water is running when you are the last to leave the Fellowship building.

Thanks.

Musings of a Board Co-Chair

The final days of August signal the end of Laramie's summer somnolence and the beginnings of a new academic year. Although the quiet of the summer is enjoyable, there's always an air of excitement and anticipation as the energy and bustle of the returning students starts with a trickle, then turns into a flood the weekend before classes begin. Once again, my schedule fills up rapidly with concerts, plays, art openings and all of the other cultural activities that arrive with the new school year. Our church year is no different. Every summer, our programs become less formal and often involve taking advantage of our gorgeous surroundings before we once again gather inside during the cooling and ever shorter days. This year is particularly exciting as we welcome the Rev. Jacqueline Ziegler to our pulpit. In the past decade, we have been the very first pulpit for both of our ministers and while it's satisfying to watch ministers grow in confidence and develop their own unique style, an experienced minister brings a very different sense of calm and competence with her. As you will see in the program listings in this newsletter, Rev. Jacqueline is starting off the church year with a blitz of sermons on a variety of topics. I eagerly anticipate Rev. Jacqueline's Sunday sermons and the return of professional ministry to the Fellowship. I hope you do too.

David

Serious and Light-Hearted Ponderings from Rev. Jackie

Part I



By the time you get this newsletter, I, along with my two feline companions, Oscar and Mr. Lovely, will have started to settle into our house on Park Ave. in Laramie. This summer after inspecting a number of houses that were nice but didn't quite work for me, someone half-jokingly said, "Rev. Ziegler, you're not looking for a place for you, you're looking for a place for your cats!" Indeed, there was some truth to that statement. My companions have always been indoor/outdoor cats and have always lived in places where they pretty much could safely go outdoors.

Those other places had very low car traffic. Their yards were places that had lots of mice to catch and in most areas there were roads we could safely walk down together late at night. So, I was looking for a place here that had very little car traffic, had some green space, and a road we all could safely meander down, under the stars. The Park Ave. house fits my feline friends' and most of my own needs. I have to say that in comparison to some homes I've lived in as an interim minister, the house on Park Ave. makes me happy because I am close to some very important amenities. When I lived in Stockton, Illinois, I had to drive 35 to 45 minutes one way just to exercise, grocery shop or go see a movie. Now, I am at the health club or the grocery store in 5 minutes!

Part II

I want to thank Ken and Robin Chestek for providing home hospitality to me the three times I came to Laramie to find a house. I also thank Ken Chestek and David Perry for organizing members and friends to help unload the 26' Penske rental truck. To everyone who offered assistance, from unloading the moving truck, preparing dinners, providing munchies, bringing flowers, etc., smooch, smooch! I said to my husband Dan, "This is a group of people with panache and hearts of gold!"

One last and very important "thank you" to my husband Dan and my son Michael for taking some of their vacation time to help load, drive, unload, repair and put things together at the house. It would have taken a lot more work and expense to come to Laramie without all of their help.

Part III

In this section of my column I want to share some parts of the Letter of Agreement between the Unitarian Universalist Fellowship of Laramie (UUFL) and me. It notes that my position is a half-time settled ministry position and that I will provide ministerial services for 2 weeks a month for an average of 40 hours per week. At this point in time, I plan to work during the second and third weeks of the month. During those two weeks I'll have one day per week free of all Congregation responsibilities to devote to study and writing although I will be available for emergencies on that day. Just so you know, I chose the second week so that I would be in sync with the congregation when our children's religious education program is offered.

Continued from page 2

I am responsible for a minimum of twenty (20) worship services a year, including holidays and special services not offered on a Sunday, pulpit exchanges and for being the Service Leader with or without a guest speaker. I will have full liturgical responsibility, power and authority for designing and executing my worship services, ceremonies and rituals. When I am not preaching or being the Service Leader for a worship service, the Program Committee will be responsible for conducting the service with advice and counsel from me. Generally, I will be in the pulpit the second and third Sundays of the month, twice a month. However, so that you'll have a flavor or sense of my Sunday service style, sooner than later, I will offer four consecutive services beginning with September 13 and ending with October 4. After that I'll usually offer only two services a month with the exception of December when I'll provide two additional services: a contemplative and contemporary Winter Solstice service on Monday evening, December 21 and the Christmas Eve Candlelight service.

If you haven't done so already, I invite and encourage you to read the Letter of Agreement between UUFL and me. I believe you can find it on UUFL's website.

Part IV

Let me lift up that I do know people generally do NOT like to read long articles in the newsletter. Regarding the intent of my newsletter column, I have always used it as a way to communicate with members and friends important matters and information, and often I write from an educational perspective. So my columns might be considered by some to be on the lengthy side. As I am only working part-time, my column will be important to read, I believe. More often than not I won't be offering services about the topics that are in my columns. So, I do humbly encourage you to read the columns. Egads, this is already a very long column, but then how else are you going to know what is happening and/or what I am thinking about? By the way, I invite you to read the special insert with this month's newsletter, entitled "When You Should Call the Minister." May I suggest that you even put it on your refrigerator door!

Part V

I am really excited to be serving as the settled minister for UUFL-- it's both an honor and a privilege! I look forward to working with you on all kinds of activities and participating in congregational events as well as in the larger Laramie community. I'll plan to offer one or two adult religious education programs over the course of the year. I look forward to working with you to help UUFL become even better known in the larger Laramie community. I am raring to go!

Part VI

When I am pensive about something or praying for insights, song lyrics or melodies often come to me as an answer. Sometimes it's easy to understand how the words and tunes playing through my mind are related to what I am pondering or praying about. At other times a connection is harder to discern. As I prepared to come to be your Minister, this snippet of lyrics kept going through my head: "traveling along, singing a song, side by side." It didn't take me long to realize that the lyrics reflect my hope that the adventure we're about to go on together will be one of "traveling along, singing a song, side by side." I hope all of you will join me in "traveling along, singing a song, side by side," on this exciting journey.

Good people, I look forward to seeing you at Sunday services or other activities and places along the way. ~ Cheers and Blessings,

Rev. Jacqueline Ziegler

Save the Date

Please join us on Saturday, October 10, 2015 for the Installation Ceremony for our new minister Rev. Jacqueline Ziegler. The ceremony will be at 1:30 p.m. at the Fellowship. There will be a reception following the ceremony and child-care will be provided.

Call Me, I'll Be There

Experience tells me that members often do not know under what circumstances they should contact their minister. In the past I've frequently found when I casually ask someone how they're doing or what's happening with them, that's when I first find out that they are or had experienced some major problem or joy in their life. When I asked them why they didn't call me they say in all sincerity, "I didn't want to bother you; you're so busy." Now let me say that although that's a very considerate reason, it is not a criterion that should be used to guide a person in making a decision as to whether or not to get in touch with me. So, as we start out on this new adventure, I want you to know that what is happening to you is something that matters to me. When something major is or has happened in your life, please let me know regardless of it being happy, joyful, sad or depressing.

Below are some guidelines for you to use in deciding whether or not to call me. They are adapted from an article that my colleague, The Rev. Dr. Andrew Kennedy, wrote to help the members of his congregation decide when to

GUIDELINES FOR WHEN YOU SHOULD CALL THE MINISTER

When you don't know me but would like to.

When you have problems or concerns you'd like to discuss -- problems with your job, children, partner, or anything else where a sympathetic ear might be help. I do not do long term counseling or therapy, but many find it useful to sit and talk with me. I can usually provide referrals when it is necessary.

When someone close to you has died, is suicidal, or is critically ill.

When you'd like to make advance plans for your funeral or memorial service.

When you're planning to be married.

When you have given birth to a child.

When you wish to have a child dedication and naming service.

When you're pregnant, but wish you weren't.

When you have a friend or neighbor who would like more information about Unitarian Universalism.

When you're considering becoming a member of the Fellowship, but you still have some questions.

When you'd like to include the Fellowship in your will or make a special gift, but you're not sure how.

When you'd like to help in committee work or religious education teaching.

When, for some reason, you're angry with me.

When you'd like to talk about religion and spirituality.

When you need help, but you're not sure who to call.

When you've been arrested.

When you're chair of a committee and you don't know where to start or what to do next.

I hope these guidelines are helpful. However, since this list does NOT exhaust all possibilities, please feel free to contact me if you're in doubt!

Children's Religious Education

"Good stories, then, enlarge our student's minds and hearts. They help them to shed their preoccupation with self and to see what they have the potential to give or do. In other words, stories not only nourish the imagination. They nourish the soul."

— Kevin Ryan and Karen Bohlin

Dear UUFL Congregation and Board,

Thank you for the honor of selecting me to become the new director and teacher of RE for the 2015-2016 church year. With the help and guidance of my wonderful predecessor Michelle Visser, the invaluable advice and wisdom of established congregation members, and of course, the input and feedback of the families I will be serving over the course of the year, I hope to provide the children of the Unitarian Universalist Fellowship of Laramie with a spiritually nurturing and engaging experience during RE.

This year RE will take place on the second Sunday of each month, the first being September 13th. When I first started training to become the new RE director, I was told that RE stands for two things; Religious Education, and Religious Exploration. While I firmly believe in the importance of both, it is my desire to proceed with the intention of exploration in RE. Last year Michelle Visser mentioned the call for a "solid footing" for the RE program, and the desire for it to become a place of "consistent faith development for young UU members." It is my hope to build off the solid footing she has provided, and nurture the growth of each individual's personal morality and faith.

To foster this growth, the curriculum we will be exploring most frequently is called Moral Tales; A Tapestry of Faith Program for Children, by Alice Anachecka-Naseman and Elisa Pearmain. If you search the Unitarian Universalist Association's website, UUA.org, for "Moral Tales," you will be able to look through what lessons we will be investigating throughout the year. The program is designed for children in second and third grade, although I am confident that the messages of the curriculum will reach children of younger ages, and the activities provided (as well as other activities I will supplement from other curriculums and sources) will be engaging to kids of all ages. I encourage parents to come to me with any suggestions you may have for the direction of RE. I also wish to emphasize that the RE rooms are always open to any parent or congregation member who would like to take part in what we are doing.

Our first RE session this year will revolve around a story called "We Are All One," from the Moral Tales session one. In order to ensure a safe and welcoming environment, a major part of our first session together will be spent investigating our notions of how best to treat other people. The children will be asked to come up with guidelines they are comfortable conducting themselves by, and at the end we will form a covenant; a promise from everyone to behave with respect towards one another.

While official RE will only take place once a month, children are incredibly welcome to join our child care provider, Leah Byrnes, and me every other Sunday for less formal fun activities. Among other activities, it is my plan to take the children to play music over at the park just across the street from the church occasionally when weather permits. I will make every effort to give advanced notice of those days. I have registration forms that I would ask each family that will be participating in RE to fill out sometime before our first session. These forms will be available from Aug. 23rd onward.

I look forward to exploring the principles of UU, and the mysteries and miracles of life with the youngest of the UU community!

Best Wishes,

Manda

Children's Yoga !!!

Sara Blake will be offering children's yoga every fourth Sunday as part of this year's R.E. program. This class is geared for kids 4-7. On these days there will still be childcare available for the littlest ones. Kids will sing, draw and play yoga in the energy releasing session. This playful class encourages self-expression. If I have enough interest from older kids (9+) or teenagers, I am willing to offer an older kid's session as well, maybe from 9am-10am on the 4th Sunday of the month.

The theme for September 27's yoga class is "We Are all One".

UUFL Community

Committees

Board Meeting 2nd Wed. 6-7:30 p.m.

Membership Committee 3rd Thurs 6:30 p.m.

Members: Robin Chestek, Claudia Thompson. This group is looking for another member.

Program Committee 2nd Tuesday at 5 pm

Members: Rev Ziegler, Linda Goldman, Nancy and Jeff Lockwood, Ken Chestek, Barbara Bogart, David Perry, **Social Action Committee** Members are Marian Erdelyi, Claire Maloney, Bob Strayer Barbra Naughton, Madeline Darymple and Ralph Garrett. They meet 2nd Monday, 10:30 a.m. at the Grounds, Internet and Coffee

Lounge, 171 N 3th St.

Committee on Ministry as needed. Members:
Claire Maloney, Barbara Naughton, and Linda Goldman
Endowment Trust Board: Laura Miller, Linda Goldman
and Ken Chestek

Caring Committee Please notify Mary Beth Baptiste, Sara Blake, Ralph Garrett, or Renee Gray if any one in our congregation is in need or needs celebration. You can also contact Rev Jacqueline

Care of Building

<u>Lights Out</u> Please double check doors are locked, lights are out and coffee is unplugged when you are the last to leave the fellowship building.

Building Use

After contacting Linda Goldman to schedule use of building Please send committee meeting dates and other building use information to:

UULaramieNews@hotmail.com so that we can include them in the newsletter calendar.

ALL meetings (at our building) must go thru Linda Goldman who coordinates building use and rentals.

Yoga Returns on September 13 from 3:30-4:45.

September 13: Spinal Workout and Hip Opening Strengthening, lengthening, twisting, stretching

September 20: Core Strength September 27: Vinyasa Flow

Regular UU Activities

3:30-4:45 yoga every Sunday Meditation every Sunday at 5 pm Change for Change is a project of the Social Action Committee collected on the 2nd Sunday Monthly potlucks on the 1st Thursday at 5:30 pm

Help our Fellowship by getting gift cards for Ridley's at \$100 each. Also if you want a Safeway reloadable card, email Steve Hodder at: hodder@uwyo.edu. He would like to get a count as to how many cards he should purchase.



Membership Committee

- 1. Fall dates for the UUFL information table at the Union are set September 9, October 7, and November 4 (all Wednesdays). Robin Chestek is looking for folks who are interested in staffing the table with her on any of those dates from 10:30am to 1pm. Marian Erdelyi has volunteered for October 7. It's a fun couple of hours, interacting with students and answering questions about UUism and our Fellowship. Interested volunteers please contact Robin at rchestek@gmail.com or call 317-402-1948.
- 2. Our regular schedule of services is starting up again as of August 30, and we need Sunday volunteers for greeting, bringing snacks, and clean-up. Many hands make light work, so please look for the sign-up sheets at the Welcome table in the Social Hall and sign up to help out on the Sunday of your choice.
- 3. The Membership Committee is looking for another member to help Robin Chestek and Claudia Thompson in the fulfilling work of welcoming new visitors, helping folks become members of the Fellowship, maintaining the database, and other ways to further the growth of the Fellowship. Please contact Robin at rchestek@gmail.com or 317-402-1948.

The Laramie Chapter of Citizen Climate Lobby will meet September 24 from 4:30 pm to 6 pm. We will meet at the First Baptist Church on 15th Street between Canby and Harney. Enter from the parking lot and follow signs to the meeting room. Unitarian Universalists nation-wide are becoming active in this organization. If you are new to Citizen's Climate Lobby or need more information contact Madeline at 977-5462 or madelinedalrymple@gmail.com

Complative Yarns Resumes September 8th 6:30 pm at the Fellowship. This will be a planning meeting for the year. Bring a suggestion or two for what will be done.

"Welcome to a New Church Season"

There is no beginning, no end, to What we have started, Or what we can do together. This morning we awoke--The sun was streaming through the Windows of our lives. The time Is now. The days are Bright, But they will shorten as the year Moves on. And the earth is gleaming in space, Spinning. On the coming cold and wintry Davs We need all the love we can give To keep our lives bright, And to spread glad warmth from The wellspring of our being. Inward to ourselves and outward to each other. Each day is that important. No day is more significant than Any other. Than the vesterday or the Tomorrow day. *Now is the time we are.*

> --- adapted from Harry Schlofield.

In the year now beginning Let us do good things for One another

Clarine's Footnotes

It has been a wonderful summer with lots of very fine programs. Some of the programs gave us ideas for working on climate change, ourselves, and relationships. The building has some new paint, repairs and outside refurbishing. See the photos that are interspersed in this newsletters to see what we did.

Tremendous Thanks

The Few, the Strong, the Willing...that's who we have to thank for cleaning our building and grounds on Clean up Sunday. Thanks to Robin Chestek who did most of the vacuuming and bathrooms, Claire Maloney who cleaned the kitchen and bathrooms. Bob Kelly who edged the lawn, Sara Blake who cleaned all the windows, Laura Miller who spent two hours of weeding, Clarine Dunder who washed kids toys, Manda Still and Rand who put up a very heavy chalkboard with much able assistance from Marty Blake who solved a big problem, to Marian Erdelyi who pulled many, many weeds, to Jason Nichols and his mom, Tara who weeded and brought banana bread, to David Perry and Alex Wolfe, Ted John who took out the old wayside pulpit and put in the new one....very labor and time intensive (and it was only Alex's second time at the Fellowship-- how that for jumping right in?). Thanks to you all. !!!

Many thanks to Steve Lieske and Ralph Garrett from the Building Committee for fixing the leaky faucet in the utility room, solving the southwest corner gutter issue, and making a lot of progress in fixing the entryway/roof problem. They also plan to install lighting in the parking lot before winter! We appreciate your hard work. To the secret pal and Madelyne Darymple who left gifts of rocks right where the deadjuniper bushes were pulled out.

Catie Balarad, Ken Chestek, Lori Howe and the Program Committee for leading the programs in August.

Welcome to our visitors:

Marcus Frye, Nikki Yeigh, Barb May, Alex Wolfe and Jenna Krieschel. Also looking forward to seeing Sam Pennington who contacted us on Facebook.



From the Editors:

Sources of Our Living Tradition

Unitarian Universalist congregations affirm and promote seven Principles, which we hold as strong values and moral guides. We live out these Principles within a "living tradition" of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience. These are the six sources our congregations affirm and promote:

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.

Rev. Kathleen Rolenz said, "Throughout history, we have moved to the rhythms of mystery and wonder, prophecy, wisdom, teachings from ancient and modern sources, and nature herself."

Source: UUA Website

Many Hands Make Light Work

We really need volunteers for Sunday mornings to help make our gatherings more comfortable. Needed are, people to:

- Welcome, (greeters)
- Worship associates
- Coffee hour for bringing food
- Cleaners for after coffee hour

Without these vital people, we are less than the loving community that we try to be. So sign up in the meeting room and help our

services become warmer and comforting.

Did You Know?

UUFL has a FaceBook page. Just look for Unitarian Universalist Fellowship of Laramie. This is a place to post reminders of events, share UU related readings, sites, and articles as well as important Laramie happenings for us to consider.



Only UU committee sponsored events will be published in the monthly newsletter. Other events to be placed in the calendar are at the editors' discretion.

Special announcements and items of interest are to be placed on our Facebook page. Please read the FB page requirements.

Information crucial to the membership activities are to be sent to the Hotmail account with a heads up to Clarine at: Cdunder3@yahoo.com, or call her 745-3558.

The editors are responsible for the newsletter each month, the 15th-28th and may require extra duties only for other major church events.

Announcements or news items for the Newsletter must be sent to UUlaramienews@Hotmail.com, not to the personal account of Clarine or Patricia.

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		4	2 3-6 pm Workshop on cooperative culture At Feeding Laramie Valley, Labonte Park	5:30 pm Community Potluck	4	5
6 10 am Coffee and Conversation No Childcare 5 pm Meditation	7	8 1-3 Office Hours 5:00 pm Program Committee 6:30 Contemplative Yarns	9 10:30 am-1 pm Information Table at Union 6-7:00 pm Board	10 1-3 pm Office Hours	11	12 10-noon Citizens Climate Lobby
13 10 am Throwing Boxes Away R.E. 3:30-4:45 pm Yoga 5 pm Meditation	14 10:30 am Social Action at the Grounds	15 1-3 pm Office hours	16	17 1-3pm Office hours 6:30 Membership Committee	18	Newsletter Items due on Sunday
20 10 am Promises of Autumn 3:30-4:45 pm Yoga 5 pm Meditation	21	22	23 Rev. Ziegle	24 4:30-6 pm Citizens' Climate Lobby at First Baptist Church r's Office Hours 1	25 for September 20	15
27 10 am How Do We Know What We Know? R.E. Children's Yoga 3:30-4:45 pm Yoga 5 pm Meditation	28	29	will be in the p.m. except visits. You of 303-905-02' I'll continue Please note the month, I Please call rehome please and also pro	ment, during the 2 office on Tuesda when I am attending an make an appoint I to schedule a mwith this schedule that regardless who am always available even if it is in the leave a message syide the number wand repeat the number as I can.	y and Thursday fring meetings or inventment with me by utually convenient if it works out another it is the 2nd of the for pastoral emperating that it is another you can be re-	om 1 p.m. to 3 volved in pastoral v calling t time to meet. d is meaningful. or 3rd week of hergencies. hours. If I am not "emergency" eached (please



1402 Gibbon Laramie, WY 82072